

## DIETARY FACTORS AND PREVENTION OF DYSLIPIDEMIA

Yunkyoung LEE

*Department of Food Science and Nutrition, Jeju National University, South Korea*

*lyk1230@jejunu.ac.kr*

### Abstract

---

Obesity is a major worldwide health problem which is highly associated with coronary artery disease, hypertension, type 2 diabetes mellitus, respiratory disorders and dyslipidemia. Dyslipidemia typically involves hypertriglyceridemia and high levels of low-density lipoprotein (LDL) cholesterol. Especially so called atherogenic cholesterol including non-high-density lipoprotein cholesterol and LDL cholesterol has been the focus to be controlled in order to ameliorate the risk for atherosclerotic cardiovascular disease. In this presentation, the evidence base dietary approaches for managing dyslipidemia which were derived from randomized controlled trials (RCTs), meta-analyses of results from RCTs, and review of results from observational, genetic, metabolic, and mechanistic studies will be demonstrated. Briefly, the following topics of lifestyle therapies will be discussed: (1) targets and rationale for lifestyle therapies; (2) dietary patterns to reduce dyslipidemia; (3) replacement of saturated fatty acids; and (4) dietary cholesterol. Although the lifestyle therapies alone are not sufficient to treat and prevent the dyslipidemia, combination of lifestyle therapies and drug therapies certainly can synergistically improve patients' conditions to postpone having further complications.

### Keywords

---

*Dietary factors, dyslipidemia, unsaturated fatty acids, cholesterol, lifestyle therapies*