

**NAND Journal Club: Tuesday May 12th from 4:30 pm to 6:30pm**

**Group Topics:**

Dietary Cholesterol Recommendation Changes in the 2015 Dietary Guidelines

Dietary Cholesterol and Fat Recommendations—Is It Evidenced Based?

**Location:**

One Hundred Oaks, Nashville TN

**Objectives:**

1. Attendees will learn the new dietary cholesterol guidelines per the 2015 dietary guidelines
2. Attendees will learn what research supports our dietary fat and cholesterol recommendations

**Resources:**

- 1) McNamara, Donald. Dietary cholesterol heart disease risk and cognitive dissonance. *Proceedings of the Nutrition Society* (2014) 73, pp. 161-166. Published online 9 January 2014. Doi: 10.1017/S0029667113003844.
- 2) Harcombe Z, Baker JS, Cooper SM, *et al.* Evidence from randomized controlled trials did not support the introduction of dietary fat guidelines in 1977 and 1983: a systematic review and meta-analysis. *Open Heart* 2015; 2: e00196. Doi: 10.1136/openhrt-2014-000196.
- 3) Academy of Nutrition and Dietetics. Position of the Academy of Nutrition and Dietetics: Dietary Fatty Acids for Healthy Adults. *Journal of the Academy of Nutrition and Dietetics*. 2014; 114 (1): 136-153.

**Meeting Agenda:**

4:30 pm: Welcome and introductions

4:35 pm: Describe today's meeting objectives and resources to be discussed

4:40-6:20 pm: Discussion on Articles

6:20-6:30 pmm: Closing remarks