

EFFECTS OF TOTAL FAT INTAKE ON BODY WEIGHT IN CHILDREN

Find out more: <https://bit.ly/2ATtfhH>

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What question did this review address?

What are the effects of eating less fat on body weight and body fatness in healthy children?



Why is this question important?

Overweight and obesity levels among infants, children and adolescents are rising globally. As part of efforts to prevent childhood overweight and obesity, we need to understand the link between total fat intake and body fatness in generally healthy children.



What does "eating less fat" mean?

Eating less fat was defined as having 30% or less of total energy in the diet come from fat.



What did we compare?

An intake of less fat was compared with a usual or modified fat intake (more than 30% of their total daily energy).



What studies did we find?

3 randomised controlled trials with 1054 children, and 21 studies in 25059 children whose fat intake and weight were observed over time (cohort studies). All but one study were conducted in high-income countries.



What are the main results from randomised controlled trials?

1. WEIGHT

- Eating less fat may make little or no difference to weight in children over a 5-year period. The confidence in these estimates is **low**.

2. BMI

- Less fat intake may make little or no difference to BMI in children over a 1-year period. The confidence in these estimates is **low**.
- Less fat probably reduced BMI in children over a period of 1 to 2 years. The confidence in this estimate is **moderate**.
- Less fat may make little or no difference to BMI in children over a 2 to 5-year period and beyond 5 years. The confidence in these estimates is **low**.

3. TOTAL CHOLESTEROL

- Eating less fat probably slightly reduce total cholesterol in children over a 12-month period. The confidence in this estimate is **moderate**.
- Eating less fat may make little or no difference to total cholesterol in children over a 2 to 5-year period and beyond 5 years. The confidence in these estimates is **low**.

What are the main results from observational studies?

Over half of these cohort studies that reported on body fatness suggested that as total fat intake increases, body fatness may move in the same direction. However, results varied across all these studies and we could not draw any firm conclusions.

Levels of confidence in the findings

