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Dietary Fat, Atherogenic Dyslipidemia and Cardiometabolic Health

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Low fat and high carbohydrate diet has long been considered as one of the major dietary recommendations for improvement of public health, including cardiovascular risk factors, however, the association between dietary fat/carbohydrate intake and risk of CVD and metabolic diseases still remains to be elucidated. In this presentation, the effects

of dietary carbohydrate and fat intakes on cardiometabolic health, especially focused on atherogenic dyslipidemia and blood apolipoprotein CIII levels, would be discussed. This would help understand the role of dietary macronutrient components in the prevention of cardiometabolic abnormalities.