



HARVARD MEDICAL SCHOOL

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in file*

D. M. HEGSTED, PH.D.  
~~Associate Director for Research~~  
New England Regional Primate Research Center

One Pine Hill Drive  
Southborough, Massachusetts 01772  
617-481-0400

March 3, 1986

*Hegsted?*

Dr. Ancel Keys  
Laboratory of Physiological Hygiene  
University of Minnesota  
Stadium Gate 27  
611 Beacon Street, S.E.  
Minneapolis, Minn. 55455

Dear Ancel:

I have finally gotten around to respond to your article on the response of serum cholesterol or dietary cholesterol. The enclosed manuscript will apparently appear in the American Journal of Clinical Nutrition.

I have been wondering when you would question the conclusion of Mattson and Grundy that monounsaturates are as effective as the polys in lowering serum cholesterol?

Best wishes,

Sincerely,



UNIVERSITY OF MINNESOTA  
TWIN CITIES

Division of Epidemiology  
School of Public Health  
Stadium Gate 27  
611 Beacon Street S.E.  
Minneapolis, Minnesota 55455

(612) 376-4056

March 25, 1986

Albert I. Mendeloff, M.D., Editor  
American Journal of Clinical Nutrition  
9650 Rockville Pike  
Bethesda, MD 20814

Dear Sir:

Doctor D.M. Hegsted kindly sent me a copy of a ms. he is submitting to you as a response to my Special Article:

"Serum Cholesterol Response to Dietary Cholesterol." (1)  
My article showed that the equation published by Hegsted and colleagues (2) grossly over-predicted the effect of dietary cholesterol. The average was 300 per cent over-prediction of the serum response to change in dietary cholesterol as the only variable in 39 controlled experiments in 15 different institutions.

Dr. Hegsted now agrees that his original linear model was inappropriate because the relationship between dietary intake and serum cholesterol is actually curvilinear. From recalculation of the published data in the literature he offers an exponential equation in which  $y$ , the change in the serum, equals  $51.06 - 54.67$  times  $e$  raised to the power  $-0.00151$  times  $x$ , the change in the cholesterol in the diet. His new equation accounts for 87.5 per cent of the variance of the serum values. The 95 per cent confidence limits of the coefficient of correlation between observed and predicted values are  $r = 0.89$  and  $r = 0.97$ .

Twenty years ago we derived an equation based on the findings in rigidly controlled experiments in a metabolic

H3?

ward. (3,4) We used the model where  $C$ , the level of cholesterol in the serum equals  $a + b(x \text{ to the } k \text{ power})$  where  $x$  is the level of cholesterol in the diet. For a given person, or group of persons, we have  $C_1 = a + b(x_1) \text{ to the } k \text{ power}$ . for the same person or group on another diet differing only in cholesterol we have  $C_2 = a + b(x_2) \text{ to the } k \text{ power}$ . By subtraction we have  $y = b(x_1 - x_2)$  where both  $x_1$  and  $x_2$  are raised to the  $k$  power. The best value of  $k$  to fit the data is the value of  $k$  that minimizes the square root of the sum of the squares of the differences between the observed and predicted values.

The best value of  $k$  was found by iteration over all possible values of  $k$ . That proved to be about 0.5 so it is appropriate and convenient for calculation to take the square root of  $x$  for the equation. Applying the solution with  $k = 0.5$  to the data cited by Hegsted the 95 per cent limits of the coefficient of correlation between observed and predicted changes in the serum cholesterol are  $r = 0.78$  and  $r = 0.94$ . Although the correlation with Hegsted's new equation is a trifle higher the values are not significantly different.

While we applaud Hegsted's correction of an old error, it may be suggested that his new equation is not really preferable to our old square root equation. First, there is no significant difference in the fit to the observed changes in the serum. Second, Hegsted's new equation says that even if there is no change in dietary cholesterol or any other vari-

able the seru8m level will change by some 3.5 mg/dl. His equation has a non-zero value for intercept. Third, Hegsted's new equation is much less easy to use without having recourse to a computer for the calculation.

Ancel Keys

#### REFERENCES

1. Keys A. Serum cholesterol response to dietary cholesterol. Am J Clin Nutr 1984; 40:351-9.
2. Hegsted DM, McGandy RB, Myers MI, Stare FJ. Quantitative effects of dietary fat on serum cholesterol in man. Am J Clin Nutr 1965; 17:281-95.
3. Keys A, Anderson JT, Grande F. Serum cholesterol response to changes in the diet. II. The effect of cholesterol in the diet. Metabolism 1965; 13:759-65.
4. Keys A, Parlin RW. Serum cholesterol response to changes in dietary lipids. Am J Clin Nutr 1965; 19:175-81.

Hegsted et al. data (from Table III, p. 285 26 Oct 1985)  
 Experiments all at same total fat = 38% Total calories, and  
 same preformed dietary cholesterol intake = 306 mg/day

$S'$  = % Cal from Saturated, 12.0 thru 16.0 (no steric or short chain sat)

$M$  = " " " monounsats,  $P$  = % Cal from polyunsaturates.

$\Delta \text{chol} = y, \text{mg/dl}$   $\Delta S' = S_1 - S_2$ ,  $\Delta M = M_1 - M_2$ ,  $\Delta P = P_1 - P_2$

Period	y	$\Delta S'$	$\Delta M$	$\Delta P$
1	-38.7	+4.23	+11.12	-4.15
2	+56.2	-19.24	-0.06	+7.53
3	-56.5	+3.45	+1.35	+5.87
5	-12.3	+2.92	+8.79	+1.69
6	-28.9	+4.21	+11.19	-4.98
7	+28.6	-12.73	+4.67	+6.16
18	-14.1	+3.45	+1.57	+5.87
* 19	-47.7	+3.11	+8.88	-16.02
20	+40.9	-6.93	+12.22	+7.68
21	-30.9	+1.62	-10.14	+3.92
23	-12.3	+0.48	+3.93	-4.83
* 24	-40.8	+3.18	+8.71	-17.19
25	+15.0	-12.37	+10.13	+0.28
36	+6.6	+1.62	-10.14	+3.92
N=12 mean	-3.87	-0.38	3.72	2.41
SD	34.00	8.55	7.74	4.78

\* #19  $P = 24.85\%$  of total calories  
 #24  $P = 26.02\%$  " " "



The Mattson - Grundy paper (Lipid Res. 26, 194) 25 Oct. 1985  
 All diets were 40% of total energy from total fats.

Diet	Type SAT		Type Mono		Type Poly	
	Fatty Acid % of Fat	% Cal.	% of Fat	% of Cal	% of Fat	% of Cal.
1) All Sats.	49.7	19.9	8.6	3.4	11.2	4.5
2) Sat excl. stearic etc.	44.4	17.8	5.8	2.3	9.7	3.9
3) Mono	40.0	16.0	73.4	29.4	14.7	5.9
4) Poly	10.1	4.0	17.9	7.2	73.3	29.3

The Minnesota Equation: Chol is mg/dl in plasma  
 Sat P are % of total energy of diet.

$$CHOL_1 - CHOL_2 = 2.7(S_1 - S_2) - 0.3(P_1 - P_2)$$

Comparison

SAT diet - Mono diet	$\Delta$ CHOL mean	Observed SE	Predicted (using 2) use all Sats	no 18.0 37.6
SAT - Poly Diet	36.9	7.6	68.3	71.7
Mono - Poly Diet	5.9	5.5	55.7	34.7

So the Minnesota equation prediction for the plasma chol.  
 difference between the values on the SAT diet and the Mono diet  
 are not different from the observed difference.  
 Note that the effect of mono-unsaturates, as compared  
 with equal calories of starch is zero at this  
 calculation above is confirmatory.  
 But with the enormous load of polys all goes off!

19 March 1986

☐☐☐  
D. M. Hegsted, Ph.D.  
New England Region Primate Research Center  
One Pine Hill Drive  
Southborough, Mass. 01772

A. & M. KEYS  
410 GROVELAND AVE. #802  
MINNEAPOLIS, MINN. 55403

Dear Mark,

Your note and copy of the ms. arrived just as we got back from five months in Italy. I appreciate having a chance to comment on this interesting ms. I enclose a copy of a letter I am sending to the Editor of Am J Clin Nutr.

Re the Mattson, Grundy piece, I enclose a copy of a letter to the Editor of J Lipid Res and of his reply. So they publish rubbish and refuse to print any comment on the fact! I shall put together a note for Am J Clin Nutr in the hope of letting other readers know how erroneous are the conclusions about oleic acid in their paper. We met in N.Y. at the Acad Med at the symposium on oleic acid and when we were through I think Fred Mattson saw the light. At least he publicly backed down about the claim for the power of oleic acid to lower the serum cholesterol level.

We are to be here in Minneapolis until early in May when we start back to Italy by way of talks in Spain.

Regards,

Ancel Keys