Table . Corn Oil: Effect on Blood Lipids, Design Type 4 Studies

Author/ Year	De-sign Type	Class	Quality (+,-,Ø)	Purpose/ Population Sample Size	Regimen	Primary Outcome Measures Results	Author's Conclusions/ *Reviewer's Comments (Italicized)*
Albutt and Chance, 1969	**Case report**	**D**	**NA**	**Purpose:** To report details of FA composition of fasting plasma cholesteryl esters in diabetic children prescribed diet rich in corn oil 4-7 y earlier and, for comparison, in diabetic children on standard diet, in normal children and in 4 infants whose adipose tissue linoleic acid conc <5% **Sample:** 17 insulin-treated juvenile diabetics on corn oil-rich diet 2 brothers with familial hypercholesterolemia on corn oil-rich diet 6 insulin-treated juvenile diabetics on standard diet 5 healthy children 4 infants whose	**Run-in Period:** None **TX/Duration:** Analysis of plasma cholesteryl esters **Dose/Form:** NA **Dietary Intake During Study:** Not provided **Dietary Intake Assessment:** None **Study Visits/ Measurements:** Not provided	**Outcome Measures:** Plasma cholesteryl esters **Results:** Percentage of fasting plasma cholesteryl linoleate varied bet 54% and 76% in children consuming corn oil Diff bet FA composition of fasting plasma cholesteryl esters in diabetic children on standard diabetic diet and in normal children NS Percentage of 18:2 in fasting plasma cholesteryl ester fraction reached maximum at 76% when proportion of 18:2 in adipose tissue 30%	**Author's Conclusions:** "No difference was found between the fatty acid composition of the fasting plasma cholesteryl ester fraction in normal children and that in diabetic children on a standard diet….The percentage of 18:2 in the fasting plasma cholesteryl ester fraction varied widely in the five groups of children studied, being influenced both by age and dietary 18:2" ***Reviewer's Comments:*** *None*

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				adipose tissue linoleic acid conc <5% **Inclusions:** Children **Exclusions:** Not provided			
Carlson and Sterner, 1960	**Case report**	**D**	**NA**	**Purpose:** To draw attention to fact now seems possible to lower serum chol level by incr amt of unsaturated FA **Sample:** 1 adult female (mother) and her 2 female children (10 and 9 y of age) **Inclusions:** Essential hypercholesterolemia **Exclusions:** None listed	**Run-in Period:** NA **TX/Duration:** Corn oil supplementation started 8 wk after initial exam 4 wk of supplementation for mother 10 wk of supplementation for daughters **Dose/Form:** 50 g corn oil/d **Dietary Intake During Study:** Normal diet without any restrictions **Dietary Intake Assessment/Frequency:** Not provided	**Outcome Measures:** TC Phospholipids Glycerides **Results:** After corn oil supplementation, daughters serum chol levels decr from about 400 mg/100 mL to about 260-300 mg/100 mL About 3 mo after corn oil supplementation discontinued, serum chol levels incr to about 400 mg/100 mL Phospholipids followed chol variation Glyceride level did not change	**Author's Conclusions:** "During of period of normal diet 50 g of corn oil daily was given to the mother and the two daughters. A marked lowering of the cholesterol and phospholipid levels was obtained, while the glyeride content remained unchanged" ***Reviewer's Comments:*** *None*

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					Study Visits/ Measurements: Fasting blood samples collected periodically at baseline (8 wk prior to supplementation) through 32 wk		

AppendixF2CornOilBloodLipidsType4Table