

Table. Corn Oil: Effect on Blood Lipids, Reviews

| Author/ Year | De- sign Type | Class | Quality (+,-,Ø) | Purpose/ Population Sample Size | Regimen | Primary Outcome Measures Results | Author's Conclusions/ Reviewer's Comments (<i>Italicized</i>) |
|------------------------|---------------------|-------|--------------------|---|--|--|---|
| Dupont et al., 1990 | Re- view | R | NA | <p>Purpose: To provide scientific assessment of current knowledge of corn oils contribution to American diet</p> <p>Inclusions: Not provided</p> <p>Exclusions: Not provided</p> | <p>Study Protocol: Not provided</p> <p>Data Collection: Not provided</p> | <p>Outcome Measures: Cardiovascular effects</p> <p>Actual Sample: Not given</p> <p>Results: Corn oil incr percentage of PUFAs in diet when replaces other dietary energy sources, thereby reducing blood chol</p> <p>Sterols in corn oil may contribute to favorable effects on plasma chol by affecting enterohepatic circulation of chol and bile acids</p> | <p>Author's Conclusions: "Corn oil is a highly effective food oil for lowering serum cholesterol. Because of its low content of SFAs which raises cholesterol and its high content of PUFAs which lowers cholesterol, consumption of corn oil can replace SFAs with PUFAs, and the combination is more effective in lowering cholesterol than simple reduction of SFA"</p> <p>Reviewer's Comments: <i>Not systematic review; focused mostly on cancer</i></p> |

AppendixG2CornOilMetaanalysisReviewTable