

**Table. DV Calculations: Minimum Effective Amount of PUFAs from Corn Oil**

<b>STUDY TYPE/ AUTHOR</b>	<b>TEST DIETS</b>	<b>PUFA CONTENT OF DIET BASED ON 2000 KCAL % or g</b>
<b>DESIGN TYPE I</b>		
Lichtenstein et al. 1993b	Corn Baseline	11.21% ± 0.52 7.94% ± 0.75 Difference = 3.27% X 2000 kcal = 65.4 kcal /9 kcal/g = <b>7.26 g PUFAs</b>
Lichtenstein et al. 1994b	Corn Beef Tallow	11.21% ± 0.52 2.62 % ± 0.35 Difference = 8.59% X 2000 kcal = 171.80 kcal/ 9 kcal/g = <b>19.10 g PUFAs</b>
Insull et al. 1994	Corn Ad Lib	16.0 g (9.3%) women 9.4 g( 5.1% energy) Difference = <b>6.6 g PUFAs</b>
Ng et al. 1991	Corn Coconut	11.4% TE (35.6% PUFA of 32% TE) .9 % TE (2.8 % PUFA of 32% TE) Difference = 10.5% x 2000 kcal = 210 kcal/9 kcal/g = <b>23.33 g PUFAs</b>
Wardlaw and Snook 1990	Corn Butter  Corn MUFAs	19 ± 1% 5 ± 1% Difference = 14% x 2000 kcal = 280 kcal/9 kcal/g = <b>31.11 g PUFAs</b>  19 ± 1% 6 ± 1% Difference = 13% x 2000 kcal = 260 kcal/9 kcal/g = <b>28.99 g PUFAs</b>
Kohlmeier et al. 1988	Corn Sunflower	Information provided only for added fat (test oils) (75 g): total diet information not available; normal diet information not available 36.3 g 34.7 g Difference = <b>1.6 g PUFAs</b>
Laine et al. 1987	Corn Palm	52.99 g 12.28 g Difference = <b>40.71 g PUFAs</b>

STUDY TYPE/ AUTHOR	TEST DIETS	PUFA CONTENT OF DIET BASED ON 2000 KCAL % or g
Childs et al. 1981		Total diet information not provided
Dayton et al. 1969	TX—Vegetable Oil with Corn Oil being the predominant oil  CNTL	38% linoleic acid of total fatty acids (40.1% total fat in diet) = 15.23% of total kcal x 2000 = 304.6 kcal/9 kcal/g = 33.84 g PUFAs  10% linoleic acid of total fatty acids (39.8% total fat in diet) = 3.98% of total kcal x 2000 kcal = 79.60 kcal/9 kcal/g = 8.84 g  Difference = <b>25 g linoleic acid</b> (33.84 g-8.84 g)

The minimum effective amount of corn oil (as indicated by PUFA content) necessary as a substitute for saturated fat is determined by calculating the difference in the amount of PUFAs in grams between the corn oil and the high saturated fat diets in each study. If only percentages of PUFAs were provided, the grams of PUFAs were calculated based on a 2000-calorie diet.

APPENDIXREffectiveAmountPUFAsFromCornOil