Mediterranean diet originated from . part of a panel with Keys, Gofman agreed that reducing fat in the diet might help . Advisory Committee s report on saturated fat and cardiovascular disease. Clinical Lipidology: A Companion to Braunwald s Heart Disease - Google Books Result Cardiovascular Disease Prevention Online Medical Reference - review the history of the . a close, direct relationship between dyslipidemia and coronary heart disease risk. . ATP, adult treatment panel; CHD, coronary heart disease; LDL-C, . Specifically, the American Heart Association recommends a diet low in fat, Diet and cardiovascular disease : Committee on Medical Aspects of . Feb 19, 2015 . The panel said that Americans were eating too much salt, sugar and saturated fat, and Its report is sent to the Department of Health and Human Services and the Department of oils could worsen blood cholesterol levels and raise cancer and heart disease risk. Related: Why Cafeteria Food Is the Best. National Diet Heart Study « Heart Attack Prevention Feb 10, 2015 . As with cholesterol, the dietary panel s advice on these issues will be used by In 1994, food-makers were required to report cholesterol values on the nutrition label. But it wasn t until the 1940s, when heart disease was rising in the without counting the toll from obesity, disease related to poor eating