**The Diet-Heart Hypothesis, Obesity, and Diabetes**

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Short abstract

The diet-heart hypothesis focuses on diet, lipids, and risk of coronary heart disease (CHD). Changes in dietary fat quality influence levels of low-density lipoprotein cholesterol (LDLC). High LDLC are strongly related to CHD risk. Meta-analyses indicate an association with CHD risk reduction when saturated fatty acids are replaced with polyunsaturated fatty acids or complex carbohydrates. Weight reduction results in metabolic benefits, including improved glucose homeostasis, indicating that obesity drives diabetes.