Impact of specific lifestyle changes on blood lipids

Adapted from ECS/EAS Guidelines 2019

The magnitude of the effect

+++ = >10%
++ = 5-10%
+ = < 5%

Level of evidence

A Data derived from multiple randomized clinical trials or meta-analyses.

B Data derived from a single randomized clinical trial or large non-randomized studies.

C Consensus of opinion of the experts and/or small studies, retrospective studies, registries.

	Magnitude of the effect	Level
Lifestyle intervention to reduce TC and LDL-C levels		
Avoid dietary trans fat	++	A
Reduce dietary saturated fats	++	A
Increase dietary fibre	++	A
Use functional foods enriched with phytosterols	++	A
Reduce excessive body weight	++	A
Reduce dietary cholesterol	+	B
Increase habitual physical activity	+	B
Lifestyle interventions to reduce TG-rich lipoprotein levels		
Reduce excessive body weight	+	A
Reduce alcohol intake	+++	A
Increase habitual physical activity	++	A
Reduce total amount of dietary carbohydrates	++	A
Reduce intake of mono- and disaccharides	++	B
Replace saturated fats with mono- or polyunsaturated fats	+	B
Lifestyle interventions to increase HDL-C levels		
Avoid dietary trans fat	++	A
Increase habitual physical activity	+++	A
Reduce excessive body weight	++	A
Reduce dietary carbohydrates and replace with unsaturated fats	++	A
Modest consumption in those who take alcohol may be continued	++	B
Quit smoking	+	B

HDL-C = high density lipoprotein cholesterol; LDL-C = low density lipoprotein cholesterol; TC = total cholesterol; TG = triglyceride

Ref: 2019 ESC/EAS Guidelines for the management of dyslipidaemias: lipid modification to reduce cardiovascular risk The Task Force for the management of dyslipidaemias of the European Society of Cardiology (ESC) and European Atherosclerosis Society (EAS). European Heart Journal (2019) 00, 1_78