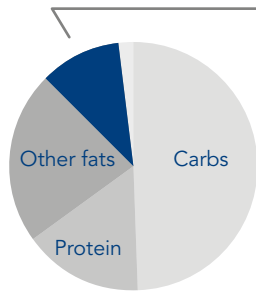


ECONOMIC IMPACT OF HEART-HEALTHY FATS

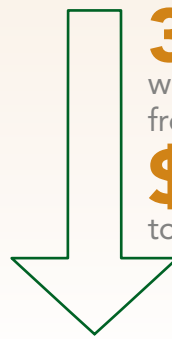


Americans get an average
11% OF DAILY CALORIES
from dietary **SATURATED FATS**¹

Contributing each year to...



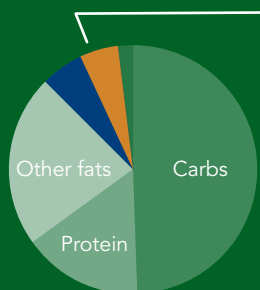
\$171 BILLION
total MEDICAL COSTS of
heart disease (2010 estimate)²



3.5 DAYS

work lost per person
from heart disease, resulting in

\$3.9-\$7.7 BILLION
total LOST productivity²

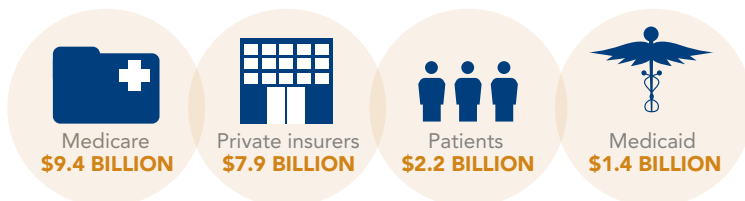


But if you REPLACE
5% of saturated fats with
monounsaturated fats...

...you get an estimated
15% REDUCTION
in **HEART DISEASE.**³



SAVING
\$25.7 BILLION
in heart disease-related healthcare
costs annually²



SAVING

\$0.6-\$1.2
BILLION

each year in productivity
from not missing work²

1. National Center for Health Statistics. Health, United States, 2015: With Special Feature on Racial and Ethnic Health Disparities. Hyattsville, MD. 2016.

2. Cawley J, et al. Estimates of the direct and indirect cost savings associated with heart disease that could be avoided through dietary change in the United States. *Journal of Medical Economics* 2016 (online before print).

3. Li Y, et al. Saturated Fats Compared With Unsaturated Fats and Sources of Carbohydrates in Relation to Risk of Coronary Heart Disease. *Journal of the American College of Cardiology* 2015;66:1538-1548.