Manuscript #209

1. Title (length 26):
Diet & Postprandial Lipids

2. Writing Group (list individuals with lead responsibility first):
(lead) Tell Heiss Chambless
Sharrett Shimakawa

3. Timeline:
Analyses can start immediately.

4. Rationale:
A few small studies have suggested that habitual diet may be related to the postprandial lipemic response. In particular, a usual diet high in polyunsaturated fat is associated with reduced postprandial retinyl palmitate response. Other effects may be attributed to total fat content of the habitual diet. No population-based studies have examined these issues. It has also been reported that frequency of meals may influence the postprandial lipemic response.

5. Main Hypothesis:
1) People who habitually consume an atherogenic diet will have an exaggerated and prolonged lipemic response after a high-fat dietary challenge.
2) People who habitually eat several meals per day will have a reduced postprandial lipemic response, compared with those who "gorge" at a single meal.

6. Data (variables, time window, source, inclusions/exclusions):
Data from the PPL Study will be used. Some additional data from the baseline exam will also be needed. Dietary data from both visit 1 and 2 are required to look at usual diet.