

Cheese Is Associated With Reduced Risk of Cardiovascular Disease

Chen GC et al. Cheese consumption and risk of cardiovascular disease: a meta-analysis of prospective studies. Eur J Nutr 2017; 56(8):2565-2575

Study Design

Systematic review and meta-analysis of prospective cohort studies that reported risk for cheese intake and CVD, CHD and stroke. The search was conducted from the databases PubMed and EMBASE.

Study Selection

- Prospective cohort design
- Cheese consumption as exposure variable
- CVD, CHD stroke as outcomes of interest

Included Studies

- A total of 15 studies with a total of > 340,000 participants were included
- The studies were published between 1997 to 2015
- Number of participants ranged from 986 to 85,764
- The length of follow-up ranged from 7 years to 16.2 years
- 10 studies were conducted in Europe, 4 in the U.S. and 1 in Australia

Objective

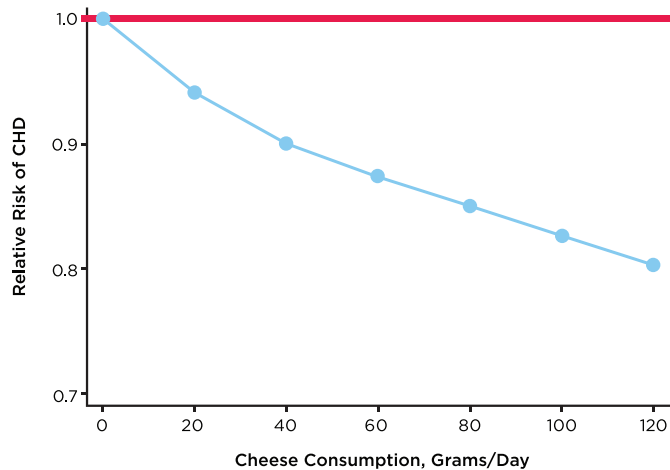
To evaluate the risks of total CVD, coronary heart disease (CHD) and stroke associated with cheese consumption.

Results

- High versus low cheese consumption:

		Reduced Risk
High vs. Low Cheese Consumption	CVD	↓ 10%
	CHD	↓ 14%
	Stroke	↓ 10%
Each Additional 50 Grams/Day of Cheese Consumption	CVD	No association
	CHD	↓ 10%
	Stroke	No association

- Whole-fat cheese consumption was not associated with increased CVD risk.



*1 serving of cheese = 1.5 ounces / 42.5 grams

Conclusion

Cheese is associated with a reduced risk of CVD, CHD and stroke in this systematic review.



http://bit.ly/Chen_cardiovascular