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 metaanalysis 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

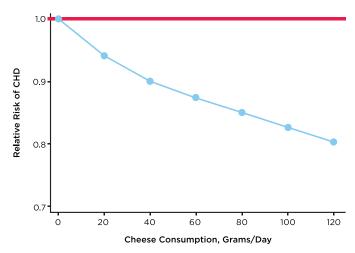
To evaluate the risks of total CVD, coronary heart disease (CHD) and stroke associated with cheese consumption.

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 <u>not</u> 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.

