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Dairy long-term intake guideline for the prevention of cardiovascular disease: A population-based cohort study from Eastern Mediterranean Regional (EMR)

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Abstract

Background: Despite the common belief that recommended whole-fat dairy products, a reasonable intake of dairy fat may also lower the risk of heart disease. This study was examined the relationship between high-fat dairy beside low-fat and total dairy with major cardiovascular events.
Methods: multivariate analysis with the Cox regression model was used and HRs with 95% CIs are calculated in each quartile and the zero consumption was used as the reference group. The major outcomes were cardiovascular events (CVD, IHD, and stroke)
Results: Total dairy more than five servings per week was related to a lower risk of CVD (HR: 0.75; 95% CI 0.53–0.99; p_{trend}=0.02), and serving 3-5 was related to a lower risk of stroke (0.35, 0.15–0.89; p_{trend}=0.05). About high-fat dairy, intake of 3-5 servings per week can reduce the risk of stroke (HR: 0.67; 95% CI 0.42–0.89; p_{trend}=0.04), and similar associations were observed in serving less than 3. Also, a lower risk of CVD was observed in the consumption of < 3 servings of high-fat dairy (0.80, 0.62–0.98; p_{trend}=0.03). A three-five serving of low-fat dairy only reduced the risk of CVD (HR: 0.64; 95% CI 0.40–0.98; p_{trend}=0.03), and similarly, for the intake of < 3 compared with zero intakes.
Conclusion: Dairy product intake has a beneficial effect on reducing the risk of major cardiovascular disease events especially CVD and stroke.
Keywords: Dairy, CVD, Stroke, IHD, Isfahan cohort study

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