

# Consumption of cheese and milk and chronic diseases associated with obesity, friend or foe? [Consumo de queso y lácteos y enfermedades crónicas asociadas a obesidad, ¿amigo o enemigo?]

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Cardiovascular diseases (CVD) and especially the obstruction of the coronary arteries are the main health expenditure in most of the countries. However, France, according to WHO, has the lowest mortality from these causes but shows a high dietary intake of saturated fats, known as the French paradox. In addition, consumption of wine, small food intakes, regular exercise, increased intake of fruits and vegetables rich in dietary fiber, flavonoids and phytosterols and also cheese consumption, are factors which together contribute to the paradox. There are several studies which link fat intake and CVD but not showing a high correlation. This fact could be justified by the divergent effect of saturated fat on lipoproteins. Dairy products contain saturated fats, however recent studies have found an inverse correlation between its consumption and CVD, possibly due to their content of trans fatty acid palmitoleic, which allows to increase the levels of HDL cholesterol, decrease C reactive protein and triglycerides. In general, dairy products have an important variety of nutrients which can have several health benefits improving the response to insulin, adiponectin levels increase and decrease the presence of obesity, among other effects. Meanwhile, consumption of cheese, may have positive health effects, for example, is able to prevent cardiovascular infarctions, decrease plasma TAGs and increases HDL cholesterol. This paper shows the results of several studies linking consumption of cheese with non-communicable diseases with special emphasis on CVD. The displayed data allow us to conclude that regular consumption has more beneficial than detrimental effects. © 2015, Grupo Aula Medica S.A. All rights reserved.

Cardiovascular disease

Cheese

Dairy

Diabetes

Obesity

animal

Cardiovascular Diseases

cheese

chronic disease

complication

dairy product

health survey

human

milk

obesity

Animals

Cardiovascular Diseases

Cheese

Chronic Disease

Dairy Products

Humans

Milk

Obesity

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