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Abstract


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Background
Research indicates that dairy products seems to have a protective impact on the incidence of cardiovascular disease regardless fat content. Paradoxically the Nordic nutrition recommendations recommend an exchange of full fat dairy product to low-fat dairy products.

Objective
The aim of this review is to investigate whether the variation in fat content of dairy products have any bearing on the onset of cardiovascular disease. With regard to common risk markers for cardiovascular disease the outcome measures hypertension, hyperlipidemia and weight gain is examined.

Search strategy
The searches were made in the databases Medline (23/1-14) and Scopus (6/2-14).

Selection criteria
Restrictions: Human Studies, Adults, Randomized Controlled Trials, English.

Data collection and analysis
Two RCTs were included. Validation of the separate studies was performed with SBU’s review template for individual studies and GRADE was used for summarizing the evidence of outcome measures.

Main results
The two included studies examined the outcome measures blood pressure, weight and blood lipids. The number of study participants was 43 (blood pressure and weight) and twelve (blood lipids). No significant difference was seen regarding blood pressure or blood lipids, however, a significant weight gain (+1.2 kg) was seen with intake of full fat dairy products compared with low-fat products.

The results indicate that there is an insufficient scientific evidence for the three outcome measures, and a conclusion between the fat content in dairy products and cardiovascular disease can not be found.

Conclusions
This literature review found insufficient scientific evidence that full fat and low-fat dairy products differ in risk factors for development of cardiovascular disease. More research is needed to determine whether it is possible to question an active recommendation of low-fat dairy products instead of full fat products to a normal weight, normotensive population.