

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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© 2015, Grupo Aula Medica S.A. All rights reserved. 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 th