Intake of ruminant trans fatty acids and risk of coronary heart disease - An overview - DTU Orbit (14/12/2018)

Intake of ruminant trans fatty acids and risk of coronary heart disease - An overview
Epidemiological studies have shown a strong direct (positive) association between the intake of trans fatty acids (TRA) and the risk of coronary heart disease (CHD), primarily accounted for by industrially produced TFA (IP-TFA). However, comparisons, between ruminant TEA (R-TFA) and IP-TFA and risk of CHD have been based on quintiles of intake, which implies that the associations between the two sources of TFA and the risk of CHD were described across different ranges of intake. Controlled metabolic studies of the effect of intake of total and specific R-TFA on CHID risk factors are warranted. Moreover, further epidemiological studies of intake of R-TFA and risk of CHD in populations with a high intake of R-TFA are warranted.

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