

New study suggests that yogurt may help keep blood pressure low

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People who eat yogurt a few times per week are less likely to develop high blood pressure than those who rarely eat it, according to Tufts research.

Huifen Wang, a researcher in the Nutritional Epidemiology Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging, and colleagues measured low-fat yogurt consumption and blood pressure in about 2,100 adults from the [Framingham Heart Study](#) Offspring Cohort and followed them for more than 14 years. Although none of the participants started out with [high blood pressure](#), 913 of them developed it over the course of the study.

Those who ate the most yogurt—at least one six-ounce cup of low-fat yogurt every three days—had about a 31-percent lower risk of developing hypertension than people who ate yogurt less than once a month. Specifically, the high-intake group had a smaller rise in their [systolic blood pressure](#) (the top number).

Although the study is only observational, and doesn't show cause and effect, the researchers point out that yogurt is a good source of calcium, potassium and magnesium, which seem to play a role in regulating blood pressure and which most Americans need to eat more of anyway.

These preliminary results were presented at an [American Heart Association](#) conference. The study was funded by the Framingham Heart Study of the National Heart, Lung and Blood Institute of the National

Institutes of Health; the U.S. [Department of Agriculture](#); and a research grant from the Dannon Company Inc.

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