

Review: more whole grains, less coronary heart disease

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Higher dietary intake of whole grains may reduce the risk of coronary heart disease, according to a meta-analysis published in the March 1 issue of *The American Journal of Cardiology*.

(HealthDay)—Higher dietary intake of whole grains may reduce the risk of coronary heart disease (CHD), according to a meta-analysis published in the March 1 issue of *The American Journal of Cardiology*.

Gang Tang, M.D., of Third Military Medical University in Chongqing, China, and colleagues performed a meta-analysis using data from 15 cohort studies and three case-control studies involving 14,427 patients with CHD and 400,492 participants. The authors sought to assess the association between whole-grain intake and risk for CHD.

According to the researchers, analysis of pooled data suggested that the

highest amount of whole-grain intake, compared with the lowest amount of whole-grain intake, was significantly associated with reduced risk for CHD (summary relative risk, 0.787); no between-study heterogeneity was observed. This association was significant in the cohort studies but not in the case-control studies. Inverse associations between whole-grain intake and CHD risk were found in the United States and in Europe.

"In conclusion, this meta-analysis indicates that higher whole-grain intake has a protective effect against CHD," the authors write.

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