

## Fermented Dairy Products and Cardiovascular Health

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### DESCRIPTION

Consumption of fermented milk beverages is expanding as a result of consumers' perceptions of its health benefits, which have been widely publicized by an increase in studies highlighting the significance of various nutrients and bioactive substances. Dairy products that have undergone fermentation include various yoghurts, cheeses, and fermented milk items like kefir. Probiotics are living microorganisms that have the ability to improve host intestinal microbiota and provide therapeutic and preventative health benefits when consumed. Fermented dairy products are often associated with their delivery. Consuming fermented dairy products generally has greater positive effects on health than drinking fluid milk. Increased consumption of fermented dairy products is linked to lower LDL cholesterol, a lower risk of hypertension and cardiovascular disease, and there may be a dosage response. Even though these trends have been seen in numerous researches, dairy product consumption is linked to a number of confounders, such as higher socioeconomic status and educational attainment, which are often linked to better health outcomes. Additionally, kids who drink more than 60 grammes of yoghurt daily have better diets overall, eat more nutrients, have lower pulse pressure (4 to 10 years old), and have lower HbA1c concentrations (11 to 18 years old), all of which indicate better cardiometabolic health.

According to a recent study comparing fermented and non-fermented dairy products with all-cause mortality in a Swedish cohort, butter consumption was associated with an increased risk of 11 percent (HR:1.11; 95 percent CI:1.07-1.21) and non-fermented milk consumption was associated with a 32 percent increased risk (HR:1.32; 95 percent CI:1.18-1.48). When compared to full-fat milk, all non-fermented milk-fat categories were independently linked to higher HRs, however these associations were weaker in consumers of medium and low-fat milk.

Consumption of cheese and fermented milk had a negative correlation with mortality (HR:0.93; 95% CI:0.91-0.96 and 0.90, respectively). Inverse relationships between T2DM and fermented dairy products have been shown in meta-analyses, and cheese consumption has not been linked to an increased risk of all-cause death. Yogurt consumption has also been demonstrated

to raise HDL levels in 29 hypocholesterolemic women in a crossover-controlled research. By 0.3 mmol/L, the HDL concentration rose considerably ( $p=0.002$ ). Desirably, the ratio of LDL to HDL cholesterol dropped from 3.24 to 2.48 ( $p=0.001$ ). A recent meta-analysis backs up the previously noted associations that consumption of fermented dairy products had a favourable or indifferent impact on CVD risk. Particularly, consumption of fermented dairy products was linked to a lower incidence of stroke and T2DM. However, one study has demonstrated that fermented milk lowers fasting plasma glucose levels in people with T2DM. Other investigations have revealed that fermented dairy products had largely beneficial or neutral effects on fasting plasma glucose levels.

Since the majority of current dietary recommendations emphasize reducing SFA intake, it is sense that cheese consumption would be linked to an elevated risk of CVD. In addition to being a significant source of calcium and protein, cheese offers a high consumption of SFA and cholesterol. Cheese consumption may be less atherogenic than previously thought, according to epidemiological data. High cheese or dairy fat consumption has not been linked in a substantial way to coronary heart disease by observational studies.

Consuming cheese has been linked to a significantly lower incidence of CHD and stroke. Similar results have been seen with yoghurt, which is a complex matrix of different nutrients that has been linked to a lower incidence risk of metabolic syndrome, diabetes, and CVD, especially when ingested with fruit. Mechanistically, these advantages may result from the presence of bioactive lipids and peptides with anti-inflammatory qualities, as well as from the documented effects of consuming a lot of calcium from cheese, which may reduce SFA intake and lessen the chance of having high cholesterol levels.

The French paradox, first described by Renaud and de Lorgeril, is the observation that populations that historically consume large amounts of fat have low occurrences of CVD and mortality. The French diet's high cheese and wine intake is thought to be the cause of these effects. In particular, intestinal alkaline phosphatase, a strong endogenous anti-inflammatory enzyme, can be stimulated by bioactive compounds found in dairy products. Bioactive lipids, peptides, and biomolecules from cheese moulds

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are thought to provide a variety of cardioprotective qualities, including Angiotensin-I Converting Enzyme (ACE) inhibitors and chemicals that control blood pressure, blood clotting, and hemorrhoid activities. Specifically, moulded cheeses like Camembert and Gorgonzola may benefit cardiovascular health. Roquefort, a blue cheese, is particularly cardioprotective since it contains bioactive compounds including andrastins A-D and roquefortine.

Due to the consumption of bacterial metabolites and probiotics, the effects of fermented dairy products may also have cardioprotective properties. Probiotics are alive when they enter the digestive tract and can start working right away. Consuming probiotics, whether through supplements or fermented dairy products, has been linked to the potential cardiovascular health

advantages, including reductions in blood pressure and hyperlipidemia as well as potential anti-inflammatory effects. The mechanisms underlying the advantageous advantages of consuming fermented dairy products are still not clear. Further research may provide light on the fascinating cardioprotective properties of moulded cheeses and shed light on the mechanisms underlying the French paradox.

In conclusion, dairy products that have undergone fermentation provide benefits for cardiovascular health that may even outweigh those of non-fermented dairy products. But none of the allegedly bioactive substances found in dairy products, such as proteins, lipids, phospholipids, vitamin D, vitamin K, or probiotic bacteria, has ever successfully explained why dairy consumption is good for cardiovascular health.