



# Lowering Heart Disease Risk with Strawberries



Centers for Disease Control and Prevention  
(click on image)

Spoon yourself some health!  
Eating more colorful whole foods *really* matters!



Strawberries (*Fragaria vesca*), among the world's most popular foods

The effect of strawberries on lowering risk of cardiovascular disease associated with high levels of blood cholesterol. [click for research abstract](#)

DJ Jenkins and colleagues, Toronto, Canada

Metabolism. 2008 Dec;57(12):1636-44.

[follow the [Wikipedia](#) links]

Key information and results

- diets with adequate amounts of fruits and vegetables reduce blood lipid levels and minimize oxidative damage, both of which are linked to diabetes and coronary [heart](#)

disease

- subjects who had followed a diet including fruits, vegetables, soy, **prebiotic viscous fiber**, plant sterols, and nuts for 2 years received supplements of strawberries (454 g/day) in a 1-month study
- strawberry supplementation resulted in significant further reductions of blood **LDL cholesterol**
- strawberries also improved taste of the diet and compliance for staying on the dietary plan
- strawberry supplementation may have reduced **oxidative damage** to LDL while maintaining reductions in blood lipids and enhancing dietary compliance
- **Conclusion:** adding certain fruits like strawberries may improve the overall health effectiveness of diets designed to lower risk of coronary heart disease



### Other strawberry health research

Since 1929, over 1000 individual research reports have been published on strawberries, with nearly 10% of the total just in 2008, indicating accelerating research interest.

Strawberries have a compelling health story that includes emerging research evidence for lowering risk against varied diseases other than high blood cholesterol (above).

Below is a list of ongoing disease research involving strawberries:

- thrombosis (susceptibility to blood clots and embolism)
- chronic inflammation (associated with the onset of numerous diseases, including cancer, Alzheimer's disease, diabetes and arthritis)
- initiation, progression and proliferation of several types of cancers

- several symptoms of premature aging (e.g., skin disorders, visual decline)
- gastrointestinal reflux disease
- immune deficiencies
- viral, bacterial, microbial, parasitic and fungal infections

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