

Foods high in vitamin D may benefit heart health

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Consuming foods high in vitamin D may have heart-protective effects, according to new research published in the *Journal of Human Nutrition and Dietetics*.

The study was conducted during 2001-2012 and included 1,514 men and 1,528 women from the greater Athens area, in Greece. In the lowest, middle, and highest categories of vitamin D intake, cardiovascular events (such as heart attacks and strokes) occurred in 24%, 17%, and 12% of men and 14%, 10%, and 11% of women.

In contrast with vitamin D supplementation trials that have shown modest to neutral beneficial effects on heart health, this study revealed that increased vitamin D intake from [food sources](#) may protect against heart-related problems, especially in men.

More information: M. Kouvari et al, Dietary vitamin D intake, cardiovascular disease and cardiometabolic risk factors: a sex-based analysis from the ATTICA cohort study, *Journal of Human Nutrition and Dietetics* (2020). [DOI: 10.1111/jhn.12748](https://doi.org/10.1111/jhn.12748)

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