

Flavonoid Consumption and Risk of Cardiovascular Disease

Heart disease is the leading cause of death in the United States. Epidemiological research suggests that consumption of plant based foods and their flavonoid components may reduce risk of heart disease. In a recent investigation, researchers hypothesized that consumption of flavonoids may have a positive impact on C-reactive protein (CRP) concentrations, a marker for cardiovascular disease (1). In this investigation, flavonoid intake was estimated in a cohort of 8335 Americans. After adjusting for dietary, sociodemographic, and lifestyle factors, total flavonoid consumption, in addition to consumption of flavonol, anthocyanidin, and isoflavones, was inversely associated with CRP concentrations. These findings lend further support to the belief that consumption of a diet high in plant-based foods, such as fruits and vegetables, may help protect against cardiovascular disease.

Reference:

1. Chun, OK, Chung, SJ, Claycombe, KJ, and Song, WO. Serum C-Reactive Protein Concentrations Are Inversely Associated with Dietary Flavonoid Intake in U.S. Adults. *J Nutr.* 2008; 138: 753-60.