

Health effects of high intake of cheese - importance of fermentation method and fat content

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Aim and Description:

We wish to investigate the health effects of cheese as a food product per se and not as a sum of single nutrients, knowing that the single components of cheese cannot be adequately placebo-matched. Rather than comparing a high cheese intake with no cheese intake, we want to compare different types of cheese varying in fat content and fermentation type. Thereby, the aim of the present research project is to answer the following questions:

- 1) Do consumption of different types of cheese, with distinct fermentation and fat content, affect the blood lipid profile and blood pressure differently? Is the fat absorption efficiency affected?
- 2) Will the consumption of high daily amounts of cheese affect risk markers of disease to a clinically relevant extent in healthy subjects and in a vulnerable study population?