Sugar can increase the risk of cardiovascular disease

Swedish research shows that people who eat much sugar has more adverse lipid profile and may be at increased risk of cardiovascular disease. These new results are presented in the medical journal *British Journal of Nutrition*. The research has been supported by the Heart and Lung Foundation.

- The research results indicate that sugar can cause atherosclerosis and result in cardiovascular disease. The new findings provide further support that it is good to cut down on sugar, says nutrition researcher Emily Sonestedt, Doctor of Medical Science at Lund University.

In the study, dietary habits and levels of different types of blood lipids were mapped in 4300 healthy subjects. The researchers have investigated particles of what is usually called "bad cholesterol", LDL. According to the study, LDL particles are more atherogenic the smaller they are. The larger LDL particles seem not to influence the risk of cardiovascular disease.

According to the study, people with an adverse lipid profile eat more sugar than others. Other types of carbohydrates and fat were not related to blood lipid profile. The study also supports the already known evidence that the "good cholesterol", HDL, is affected favorably by drinking moderate amounts of alcohol.

- The new findings are an important piece of the puzzle about the importance of diet for risk of cardiovascular disease, and they demonstrate the need for more research in this area, says Staffan Josephson, Secretary General of Heart and Lung Foundation.

The research is based on material from the Malmö Diet and Cancer Study. The research team continues to investigate the various causal relationships, for example whether it is the sugar intake that leads to a more adverse lipid profile, and how genetic predisposition influences the research results.

The full article can be accessed here:

**High disaccharide intake associates with atherogenic lipoprotein profile**
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