

Cheese consumption and health

Good health and nutrition

Systematic reviews and meta-analyses shows that consumption of cheese is associated with

reduced risk of

coronary heart
disease and stroke

metabolic
syndrome

childhood overweight
and obesity

and had no association with

type 2 diabetes

hypertension

overweight and
obesity in adults

Unlike saturated fat from other products, saturated fat from cheese is **not associated with cardiovascular disease risk**.

The sodium in cheese **has a less detrimental impact on vascular function** than an identical amount of sodium consumed in other non-dairy foods.

AUSSIE DAIRY MATTERS

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