

LITTERATURLISTE

Sænk dit kolesterol

af Jerk W. Langer og Jens Linnet
Politikens Forlag 2021

Her finder du et uddrag af de videnskabelige artikler omkring kolesterolsænkende kost og beslagtede emner, som vi har anvendt til at skrive bogen. Desuden tilføjes løbende flere relevante artikler. Send gerne kommentarer samt forslag til artikler til jerk@langer.dk

Opdateret 20. september 2021

OM KOLESTEROL

- The effects of foods on LDL cholesterol levels: A systematic review of the accumulated evidence from systematic reviews and metaanalyses of randomized controlled trials. *Nutrition, Metabolism & Cardiovascular Diseases* 2021;31:1325-1338

[https://www.nmcd-journal.com/article/S0939-4753\(21\)00002-8/fulltext](https://www.nmcd-journal.com/article/S0939-4753(21)00002-8/fulltext)

- Fakta om hjerte-kar-sygdom i Danmark. Hjerteforeningen 2021

<https://hjerteforeningen.dk/alt-om-dit-hjerte/noegletal/>

- Hyperlipidæmi og aterosklerose. Børge Nordestgaard m.fl. *Medicinsk Kompendium* 2019, s. 87 ff

<https://medicinskompedium.digi.munksgaard.dk/?id=330>

- 2019 ESC/EAS Guidelines for the management of dyslipidaemias: lipid modification to reduce cardiovascular risk: The Task Force for the management of dyslipidaemias of the European Society of Cardiology (ESC) and European Atherosclerosis Society (EAS). *European Heart Journal* 2020;41:111-188

<https://academic.oup.com/eurheartj/article/41/1/111/5556353>

- Dyslipidæmi. *Sundhed.dk* 2020

<https://www.sundhed.dk/sundhedsfaglig/laegehaandbogen/endokrinologi/tilstande-og-sygdomme/lipidforstyrrelser/dyslipidaemia/>

- Repositioning of the global epicentre of non-optimal cholesterol NCD Risk Factor Collaboration (NCD-RisC). *Nature* 2020; 582: 73-77

<https://www.nature.com/articles/s41586-020-2338-1>

- Succes: Danskernes kolesteroltal er faldet støt. *Videnskab.dk* 2020.06.03

<https://videnskab.dk/krop-sundhed/succes-farlig-kolesterol-er-faldet-stoet-i-danmark>

- U-shaped relationship of HDL and risk of infectious disease: two prospective population-based cohort studies. European Heart Journal 2018;39,14,1181-1190
<https://academic.oup.com/eurheartj/article/39/14/1181/4710060>
- Interview med Børge Nordestgaard: Kolesterol kan have en overset effekt på dit helbred. Videnskab.dk 2018.04.09
<https://videnskab.dk/krop-sundhed/kolesterol-beskytter-maaske-mod-infektionssygdomme>
- Verdens største kolesterolstudie: Sund livsstil betyder meget for hjertet. Hjerteforeningen 2020.09.29
<https://hjerteforeningen.dk/2020/09/verdens-stoerste-kolesterolstudie-sund-livsstil-betyder-meget-for-hjertet/>
- Application of non-HDL cholesterol for population-based cardiovascular risk stratification: results from the Multinational Cardiovascular Risk Consortium. Lancet 2019;394:2173-83
[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(19\)32519-X/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(19)32519-X/fulltext)
- Prevalence of and Risk Factors for Autopsy-Determined Atherosclerosis Among US Service Members, 2001-2011. JAMA 2012;308:2577-2583
<https://jamanetwork.com/journals/jama/fullarticle/1487497>
- Heart Disease in Military Shows Steep Drop Since Korean War. New York Times 2012.12.25
<https://well.blogs.nytimes.com/2012/12/25/heart-disease-in-military-shows-dramatic-drop-since-korean-war/>
- Genetics of Familial Hypercholesterolemia: New Insights. Front. Genet., 07 October 2020
<https://www.frontiersin.org/articles/10.3389/fgene.2020.574474/full>

MIDDELHAVSKOST

- Assessment of Risk Factors and Biomarkers Associated With Risk of Cardiovascular Disease Among Women Consuming a Mediterranean Diet. JAMA Network Open 2018;1(8):e185708
<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2717565>
<https://www.nbcnews.com/health/heart-health/even-when-not-rome-eat-mediterranean-diet-cut-heart-disease-n945021>
- Association of the Mediterranean Diet With Onset of Diabetes in the Women's Health Study. JAMA Network Open 2020;3(11):e2025466
<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2773099>

- Mediterranean diet intervention in overweight and obese subjects lowers plasma cholesterol and causes changes in the gut microbiome and metabolome independently of energy intake. Gut 2020;69:1258-1268
<https://gut.bmj.com/content/69/7/1258>

- Middelhavskosten ændrer tarmbakterier og sænker kolesterol. Institut for Idræt og Ernæring, Københavns Universitet. 2020.05.13
https://nyheder.ku.dk/alle_nyheder/2020/05/middelhavskosten-aendrer-tarmbakterier-og-saenker-kolesterol/

DASH, YANOMAMO, PLANTEKOST

- Comparison of the DASH (Dietary Approaches to Stop Hypertension) diet and a higher-fat DASH diet on blood pressure and lipids and lipoproteins: a randomized controlled trial. American Journal of Clinical Nutrition 2016;103,2,341-347
https://academic.oup.com/ajcn/article/103/2_/341/4564756

- Higher fat variation of DASH diet lowers blood pressure, triglycerides, study shows. Science News 2016.02.11
<https://www.sciencedaily.com/releases/2016/01/160111092407.htm>

- Dash Diet. Cleveland Clinic. 2016, February.
<https://my.clevelandclinic.org/health/articles/16907-dash-diet>

- DASH Dietary Pattern and Cardiometabolic Outcomes: An Umbrella Review of Systematic Reviews and Meta-Analyses. Nutrients 2019, 11(2), 338
<https://www.mdpi.com/2072-6643/11/2/338/htm>

- Lipid profiles of Yanomamo Indians of Brazil. Preventive Medicine 1990;19,1,66-75
<https://www.sciencedirect.com/science/article/abs/pii/0091743590900099>

- Effects of a dietary portfolio of cholesterol-lowering foods vs lovastatin on serum lipids and C-reactive protein. JAMA 2003;290:502-510
<https://jamanetwork.com/journals/jama/fullarticle/196970>

- Effect of a Dietary Portfolio of Cholesterol-Lowering Foods Given at 2 Levels of Intensity of Dietary Advice on Serum Lipids in Hyperlipidemia. JAMA 2011;306(8):831-839
<https://jamanetwork.com/journals/jama/fullarticle/1104262>

- Association between plant-based diets and plasma lipids: a systematic review and meta-analysis. Nutr Rev 2017; 75(9): 683-698
<https://academic.oup.com/nutritionreviews/article/75/9/683/4062197>

ANTIINFLAMMATORISK KOST

- A diet based on multiple functional concepts improves cardiometabolic risk parameters in healthy subjects. Nutrition & Metabolism 2012, 9:29
<https://nutritionandmetabolism.biomedcentral.com/articles/10.1186/1743-7075-9-29>
- A diet based on multiple functional concepts improves cognitive performance in healthy subjects. Nutrition & Metabolism 2013, 10:49
<https://nutritionandmetabolism.biomedcentral.com/articles/10.1186/1743-7075-10-49>
- Dietary Inflammatory Potential and Risk of Cardiovascular Disease Among Men and Women in the U.S. J Am Coll Cardiol 2020;76 (19):2181–2193
<https://www.jacc.org/doi/10.1016/j.jacc.2020.09.535>
- Food antioxidants and their anti-inflammatory properties: a potential role in cardiovascular diseases and cancer prevention. Diseases 2016, 4(3), 28
<https://www.mdpi.com/2079-9721/4/3/28>

APPELSIN, CITRUSFRUGT

- Hypolipidemic effects and absorption of citrus polymethoxylated flavones in hamsters with diet-induced hypercholesterolemia. J Agric Food Chem 2004;52(10):2879-86
<https://pubs.acs.org/doi/10.1021/jf035354z>
- Long-term orange juice consumption is associated with low LDL-cholesterol and apolipoprotein B in normal and moderately hypercholesterolemic subjects. Lipids Health Dis 2013; 12: 119
<https://lipidworld.biomedcentral.com/articles/10.1186/1476-511X-12-119>
- Beneficial Effects of Citrus Flavonoids on Cardiovascular and Metabolic Health. Oxid Med Cell Longev 2019; 2019: 5484138
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6431442/>
- Grapefrugtjuice interaktion. Medicinkombination.dk
<http://www.medicinkombination.dk/SearchResult.aspx?pids=858b8263-048f-442f-854c-05a74cdea2f2>
- Grapefrugt og medicin. Medicin.dk 2018.07.18
<https://min.medicin.dk/Artikler/Artikel/262>

ARTISKOK

- Lipid-lowering activity of artichoke extracts: A systematic review and meta-analysis. Crit Rev Food Sci Nutr 2018;58(15):2549-2556

<https://www.tandfonline.com/doi/abs/10.1080/10408398.2017.1332572>

- The effect of artichoke on lipid profile: A review of possible mechanisms of action. Pharmacol Res 2018 Nov;137:170-178

<https://www.sciencedirect.com/science/article/abs/pii/S1043661818312672>

AUBERGINE

- Eggplant health benefits and tasty tips. Medical News Today 2019.11.08

<https://www.medicalnewstoday.com/articles/279359>

- Chlorogenic Acid Exhibits Cholesterol Lowering and Fatty Liver Attenuating Properties by Upregulating the Gene Expression of PPAR- α in Hypercholesterolemic Rats Induced with a High-Cholesterol Diet. Phytotherapy Research 2021, 27, 4, 545-551

<https://onlinelibrary.wiley.com/doi/abs/10.1002/ptr.4751>

- Impact of dietary anthocyanins on systemic and vascular inflammation: Systematic review and meta-analysis on randomised clinical trials. Food Chem Toxicol 2020 Jan;135:110922

<https://www.sciencedirect.com/science/article/abs/pii/S0278691519307124?via%3Dihub>

AVOCADO

- Effect of a Moderate Fat Diet With and Without Avocados on Lipoprotein Particle Number, Size and Subclasses in Overweight and Obese Adults: A Randomized, Controlled Trial. Journal of the American Heart Association 2015; 7;4(1):e001355

<https://www.ahajournals.org/doi/full/10.1161/JAHA.114.001355>

- Derfor kan du nyde din avocado med god samvittighed – kød er en langt større skurk overfor miljøet og klimaet. Greenpeace 2020.04.24

<https://www.greenpeace.org/denmark/vi-arbejder-med/land/derfor-kan-du-nyde-din-avocado-med-god-samvittighed-koed-er-en-langt-stoerre-skurk-overfor-miljoet-og-klimaet/>

- Avocado – så meget kan du spise af den fede frugt. Iform 2019.01.25

<https://iform.dk/sund-mad/superfood/saa-meget-avocado-maa-du-spise>

BETAGLUKANER

- β -glucans and cholesterol (Review). Int J Mol Med 2018;41(4):1799-1808
<https://www.spandidos-publications.com/ijmm/41/4/1799>

- The Cholesterol-Lowering Effect of Oats and Oat Beta Glucan: Modes of Action and Potential Role of Bile Acids and the Microbiome. Frontiers in Nutrition 2019; 6: 171
<https://www.frontiersin.org/articles/10.3389/fnut.2019.00171/full>

BLADGRØNTSAGER

- MIND diet slows cognitive decline with aging. Alzheimer's & Dementia: The Journal of the Alzheimer's Association 2015;11:9:1015-1022
<https://alz-journals.onlinelibrary.wiley.com/doi/10.1016/j.jalz.2015.04.011>

- Spis disse 20 grøntsager og gør din hjerne 11 år yngre. Jyllandsposten 2018.05.18
<https://jyllands-posten.dk/livsstil/familiesundhed/karenlyager/ECE10596489/spis-disse-20-grøntsager-og-goer-din-hjerne-11-aar-yngre/>

BROCCOLI

- Diet rich in high glucoraphanin broccoli reduces plasma LDL cholesterol: Evidence from randomised controlled trials. Mol Nutr Food Res 2015; 59(5): 918-926
<https://onlinelibrary.wiley.com/doi/10.1002/mnfr.201400863>

BÆLGFRUGTER

- Love those legumes! Harvard Medical School 2018.10.25
<https://www.health.harvard.edu/blog/love-those-legumes-2018102515169>

- Non-soy Legume Consumption Lowers Cholesterol Levels: A Meta-Analysis of Randomized Controlled Trials. Nutr Metab Cardiovasc Dis 2011; 21(2): 94-103
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2888631/>

- Effects of High-Fiber Diets and Macronutrient Substitution on Bloating. Clinical and Translational Gastroenterology, 2020; 1
https://journals.lww.com/ctg/fulltext/2020/01000/effects_of_high_fiber_diets_and_macronutrient.8.aspx

- Ærter og bønner mætter mere end kød. DR 2016.11.24
<https://www.dr.dk/levnu/mad/aerter-og-boenner-maetter-mere-end-koed>
- Vitamin retention in eight fruits and vegetables: a comparison of refrigerated and frozen storage. J Agric Food Chem 2015;63(3):957-62
<https://pubs.acs.org/doi/10.1021/jf5058793>
- Are frozen fruit and vegetables as good for you as fresh? Guardian 2017.05.01
<https://www.theguardian.com/lifeandstyle/2017/may/01/are-frozen-fruit-and-vegetables-as-good-for-you-as-fresh>

CHILI

- Effects of Capsicum annum supplementation on the components of metabolic syndrome: a systematic review and meta-analysis. Sci Rep 2020; 10, 20912
<https://www.nature.com/articles/s41598-020-77983-2>

FISK, OMEGA-3

- Fish Consumption and Coronary Heart Disease: A Meta-Analysis. Nutrients 2020; 12(8): 2278
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7468748/>
- Marine Omega-3 Supplementation and Cardiovascular Disease: An Updated Meta-Analysis of 13 Randomized Controlled Trials Involving 127 477 Participants. J Am Heart Assoc 2019;8(19):e013543
<https://www.ahajournals.org/doi/10.1161/JAHA.119.013543>
- Effect of Omega-3 Dosage on Cardiovascular Outcomes. An Updated Meta-Analysis and Meta-Regression of Interventional Trials. Mayo Clin Proc 2021;96(2):304-313
[https://www.mayoclinicproceedings.org/article/S0025-6196\(20\)30985-X/fulltext](https://www.mayoclinicproceedings.org/article/S0025-6196(20)30985-X/fulltext)
- Associations of Fish Consumption With Risk of Cardiovascular Disease and Mortality Among Individuals With or Without Vascular Disease From 58 Countries. JAMA Intern Med 2021;181(5):631-649
<https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/2777338>
- Cardiovascular Impact of Nutritional Supplementation With Omega-3 Fatty Acids: JACC Focus Seminar. J Am Coll Cardiol 2021;77(5):593-608
<https://www.jacc.org/doi/10.1016/j.jacc.2020.11.060>

- Effects of oily fish intake on cardiometabolic markers in healthy 8- to 9-y-old children: the FiSK Junior randomized trial. American Journal of Clinical Nutrition 2019;110:6:1296–1305

<https://academic.oup.com/ajcn/article/110/6/1296/5580389>

- Effects of oily fish intake on cognitive and socioemotional function in healthy 8–9-year-old children: the FiSK Junior randomized trial. American Journal of Clinical Nutrition 2020;112:1:74–83

<https://academic.oup.com/ajcn/article/112/1/74/5855515>

- Cardiovascular Risk Reduction with Icosapent Ethyl for Hypertriglyceridemia. N Engl J Med 2019; 380:11-22

<https://www.nejm.org/doi/full/10.1056/nejmoa1812792>

- Omega-3 fatty acids supplementation and risk of atrial fibrillation: an updated meta-analysis of randomized controlled trials. European Heart Journal - Cardiovascular Pharmacotherapy. Published 28. April 2021

<https://academic.oup.com/ehjcvp/advance-article/doi/10.1093/ehjcvp/pvab008/6255232>

- Omega-3 Fatty Acids and Atrial Fibrillation. JAMA 2021;325(11):106

<https://jamanetwork.com/journals/jama/fullarticle/2777450>

- DTU Fødevareinstituttet, Afdeling for Risikovurdering og Ernæring, 2021

<https://frida.fooddata.dk/food/lists/grouped/68>

FRØ OG KERNER

- Flaxseed: its bioactive components and their cardiovascular benefits. Am J Physiol Heart Circ Physiol 2018; 314: H146–H159

<https://journals.physiology.org/doi/full/10.1152/ajpheart.00400.2017>

- Consumption of Plant Seeds and Cardiovascular Health: Epidemiologic and Clinical Trial Evidence. Circulation 2013; 128(5): 553–565

<https://www.ahajournals.org/doi/10.1161/CIRCULATIONAHA.112.001119>

- Vær opmærksom på cadmium i solsikkefrø, hørfrø, skaldyr, chokolade og kakao. Fødevarestyrelsen 2018.09.12

https://www.foedevarestyrelsen.dk/Selvbetjening/Guides/Kend_kemien/Sider/Vaer-opmaerksom-paa-cadmium-i-solsikkefroe-hoerfroe-og-skaldyr.aspx

- Nigella sativa (black seed) effects on plasma lipid concentrations in humans: A systematic review and meta-analysis of randomized placebo-controlled trials. Pharmacol Res 2016;106:37-50

<https://www.sciencedirect.com/science/article/abs/pii/S1043661815302127>

GRANATÆBLE

- Cholesterol-lowering effect of concentrated pomegranate juice consumption in type II diabetic patients with hyperlipidemia. Int J Vitam Nutr Res 2006;76(3):147-51
<https://econtent.hogrefe.com/doi/10.1024/0300-9831.76.3.147>
- Effect of pomegranate seed oil on hyperlipidaemic subjects: a double-blind placebo-controlled clinical trial. Br J Nutr 2010;104(3):402-6
<https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/effect-of-pomegranate-seed-oil-on-hyperlipidaemic-subjects-a-doubleblind-placebocontrolled-clinical-trial/4EEE5276BACB63FF2B6C4B79E220D1E9>
- Pomegranate juice consumption for 3 years by patients with carotid artery stenosis reduces common carotid intima-media thickness, blood pressure and LDL oxidation. Clin Nutr 2004;23(3):423-33
<https://linkinghub.elsevier.com/retrieve/pii/S0261561403002139>
- Pomegranate juice: Can it lower cholesterol? Mayo Clinic 2020.11.25
<https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/expert-answers/pomegranate-juice/faq-20058560>
- Why Pomegranates Are Such a Healthy Fruit. Cleveland Clinic 2019.10.16
<https://health.clevelandclinic.org/pomegranates-power-help-keep-healthy-video/>
- Addition of pomegranate juice to statin inhibits cholesterol accumulation in macrophages: protective role for the phytosterol beta-sitosterol and for the polyphenolic antioxidant punicalagin. Harefuah 2013;152(9):513-5, 565
<https://linkinghub.elsevier.com/retrieve/pii/S002191501200740X>

GRÆSKAR

- Improvement in HDL cholesterol in postmenopausal women supplemented with pumpkin seed oil: pilot study. Climacteric 2011 Oct;14(5):558-64
<https://www.tandfonline.com/doi/abs/10.3109/13697137.2011.563882>
- Surprising Reasons Why Pumpkin Is a Healthy Food. Cleveland Clinic 2020.10.08
<https://health.clevelandclinic.org/truth-about-the-great-pumpkin-its-good-for-you/>

GULEROD

- Effect of carrot intake on cholesterol metabolism and on antioxidant status in cholesterol-fed rat. Eur J Nutr 2003;42(5):254-61
<https://link.springer.com/article/10.1007%2Fs00394-003-0419-1>
- Eat Your Carrots! β -Carotene and Cholesterol Homeostasis. The Journal of Nutrition 2020;150,8, 2003-2005
<https://academic.oup.com/jn/article/150/8/2003/5868500>
- β -Carotene Oxygenase 1 Activity Modulates Circulating Cholesterol Concentrations in Mice and Humans. The Journal of Nutrition 2020;150, 8,2023-2030
<https://academic.oup.com/jn/article/150/8/2023/5841236>
- What happens when the body cannot process beta carotene? Medical News Today 2020.12.16
<https://www.medicalnewstoday.com/articles/what-happens-when-the-body-cannot-process-beta-carotene>

GURKEMEJE

- Efficacy and safety of turmeric and curcumin in lowering blood lipid levels in patients with cardiovascular risk factors: a meta-analysis of randomized controlled trials. Nutr J 2017 Oct 11;16(1):68
<https://nutritionj.biomedcentral.com/articles/10.1186/s12937-017-0293-y>
- A Systematic Review and Meta-analysis of Randomized Controlled Trials on the Effects of Turmeric and Curcuminoids on Blood Lipids in Adults with Metabolic Diseases. Advances in Nutrition 2019;10, 5, 791–802
<https://academic.oup.com/advances/article/10/5/791/5520400>

HVIDLØG

- The antiatherosclerotic effect of Allium sativum. Atherosclerosis 1999; 144: 237-249
<https://linkinghub.elsevier.com/retrieve/pii/S002191509900060X>
- Garlic supplementation and serum cholesterol: a meta-analysis. J Clin Pharm Ther 2009;34(2):133-45
<https://onlinelibrary.wiley.com/doi/full/10.1111/j.1365-2710.2008.00998.x>
- Effect of garlic on serum lipids: an updated meta-analysis. Nutr Rev 2013;71(5):282-99
<https://academic.oup.com/nutritionreviews/article/71/5/282/2460203>

- Effect of raw garlic vs commercial garlic supplements on plasma lipid concentrations in adults with moderate hypercholesterolemia: a randomized clinical trial. Arch Intern Med 2007;167(4):346-53

<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/411743>

- Garlic for the prevention of cardiovascular morbidity and mortality in hypertensive patients. Cochrane Database of Systematic Reviews 2012.08.15

<http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD007653.pub2/full>

INGEFÆR

- The effect of ginger supplementation on lipid profile: A systematic review and meta-analysis of clinical trials. Phytomedicine 2018;43:28-36

<https://doi.org/10.1016/j.phymed.2018.03.043>

INULIN

- Effect of inulin-type fructans on blood lipid profile and glucose level: a systematic review and meta-analysis of randomized controlled trials. European Journal of Clinical Nutrition 2017; 71: 9–20

<https://www.nature.com/articles/ejcn2016156>

JORDBÆR

- Effects of strawberry supplementation on cardiovascular risk factors: a comprehensive systematic review and meta-analysis of randomized controlled trials. Food Funct 2019;10(11):6987-6998

<https://pubs.rsc.org/en/content/articlelanding/2019/FO/C9FO01684H#!divAbstract>

- Effects of strawberry intervention on cardiovascular risk factors: a meta-analysis of randomised controlled trials. Br J Nutr 2020;124(3):241-246

<https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/abs/effects-of-strawberry-intervention-on-cardiovascular-risk-factors-a-metaanalysis-of-randomised-controlled-trials/C2C297EDEE7CD8302C41DCEF84AD0C6D>

- The effect of strawberries in a cholesterol-lowering dietary portfolio. Metabolism 2008;57(12):1636-44

<https://linkinghub.elsevier.com/retrieve/pii/S0026049508002692>

- Eat Strawberries to Help Lower Your Cholesterol Naturally. University Health News 2020.05.04
<https://universityhealthnews.com/daily/heart-health/eat-strawberries-to-lower-cholesterol-naturally/>

JORDSKOK

- Jerusalem Artichoke Nutrition Facts and Health Benefits. VeryWellFit 2020.10.01
<https://www.verywellfit.com/jerusalem-artichoke-nutrition-facts-and-health-benefits-5076353a>

KAFFE

- Association of Coffee Drinking With Mortality by Genetic Variation in Caffeine Metabolism Findings From the UK Biobank. JAMA Intern Med. 2018;178(8):1086-1097
<https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/2686145>

- Association of Coffee Consumption With Total and Cause-Specific Mortality in 3 Large Prospective Cohorts. Circulation 2015;132(24):2305-15

- Coffee Consumption and All-Cause, Cardiovascular, and Cancer Mortality in an Adult Mediterranean Population. Nutrients 2021;13(4):1241
<https://www.mdpi.com/2072-6643/13/4/1241>

- Kaffe, sundhed og sygdom. Vidensråd for forebyggelse 2015
http://www.vidensraad.dk/sites/default/files/vidensraad_for_forebyggelse_kaffe_sundhed_og_sygdom_2015.pdf

KAKAO OG CHOKOLADE

- Chocolate consumption and risk of cardiovascular diseases: a meta-analysis of prospective studies. Heart 2019;105(1):49-55
<https://heart.bmj.com/content/105/1/49>

- Chocolate consumption and risk of coronary heart disease, stroke, and diabetes: a meta-analysis of prospective studies. Nutrients 2017;9(7):688
<https://www.mdpi.com/2072-6643/9/7/688>

- Cocoa Flavanol intake and biomarkers for cardiometabolic health: a systematic review and meta-analysis of randomized controlled trials. J Nutr 2016;146(11):2325–2333
<https://academic.oup.com/jn/article/146/11/2325/4630468>
- Effect of cocoa on blood pressure. Cochrane Database Syst Rev 2017;4:Cd008893.
<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD008893.pub3/full>
- Is the Saturated Fat in Chocolate as Bad as the Fat in Meat? New York Times 2019.04.05
<https://www.nytimes.com/2019/04/05/well/eat/is-the-saturated-fat-in-chocolate-as-bad-as-the-fat-in-meat.html>
- Can you become addicted to chocolate? Harvard Medical School 2013.02.14
<https://www.health.harvard.edu/blog/can-you-become-addicted-to-chocolate-201302145903>
- The effect of chocolate consumption (Theobroma cacao L.) on level of blood cholesterol and triglyceride in hypertension patients at Jatiroto Health Center, Indonesia. GHMJ (Global health management journal) 2019;3(1),20-24
https://primo.uef.fi/discovery/fulldisplay/cdi_doaj_primary_oai_doaj_org_article_c6bf370a325c4d4dbf35967b06dd11b9/358FIN_UOEF:VU1

KANEL

- The effects of cinnamon supplementation on blood lipid concentrations: A systematic review and meta-analysis. J Clin Lipidol 2017;11(6):1393-1406
<https://linkinghub.elsevier.com/retrieve/pii/S1933287417303999>
- Cinnamon extract lowers glucose, insulin and cholesterol in people with elevated serum glucose. J Tradit Complement Med. 2016 Oct; 6(4): 332–336
<https://dx.doi.org/10.1016%2Fj.jtcme.2015.03.005>
- Kumarin i kanel. Fødevarestyrelsen 2019.11.13
<https://www.foedevarestyrelsen.dk/Leksikon/Sider/Kumarin-i-kanel.aspx>

KOSTFIBRE

- Whole-grain products and whole-grain types are associated with lower all-cause and cause-specific mortality in the Scandinavian HELGA cohort. Br J Nutr 2015;114(4):608-23

<https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/wholegrain-products-and-wholegrain-types-are-associated-with-lower-allcause-and-causespecific-mortality-in-the-scandinavian-helga-cohort/97b416e79101669ca3e539a01c714127>

- Dietary Fiber, Atherosclerosis, and Cardiovascular Disease Nutrients. 2019; 11(5): 1155

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6566984/>

- Fiber. WebMD 2020.07.26

<https://www.webmd.com/vitamins-and-supplements/supplement-guide-fiber>

- Dietary Fiber Is Beneficial for the Prevention of Cardiovascular Disease: An Umbrella Review of Meta-analyses. J Chiropr Med 2017; 16(4): 289–299

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5731843/>

KRYDDERIER

- Consumption of spicy foods and total and cause specific mortality: population based cohort study. BMJ 2015;351:h3942

<https://www.bmj.com/content/351/bmj.h3942>

KØD, TMAO m.fl.

- Cardiovascular Disease Protective Effect of Allicin Through Gut Microbiota Modulation (FS07-08-19). Curr Dev Nutr 2019; 3(Suppl 1): nzz040.FS07-08-19

https://academic.oup.com/cdn/article/3/Supplement_1/nzz040.FS07-08-19/5518280

- Intestinal microbiota metabolism of L-carnitine, a nutrient in red meat, promotes atherosclerosis. Nature Medicine 2013;19,576–585
<https://www.nature.com/articles/nm.3145>

- Stiger din risiko for hjerte-kar-sygdom, hvis du spiser rødt og forarbejdet kød? Hjerteforeningen 2020.07.13

<https://hjerteforeningen.dk/2020/07/stiger-din-risiko-for-hjerte-kar-sygdom-hvis-du-spiser-roedt-og-forarbejdet-koed/>

- White Meat Consumption, All-Cause Mortality, and Cardiovascular Events: A Meta-Analysis of Prospective Cohort Studies. *Nutrients* 2021;13(2):676
<https://www.mdpi.com/2072-6643/13/2/676>

LOPPEFRØSKALLER

- Meta-Analysis of Usefulness of Psyllium Fiber as Adjuvant Antilipid Therapy to Enhance Cholesterol Lowering Efficacy of Statins. *Am J Cardiol* 2018;122(7):1169-1174
[https://www.ajconline.org/article/S0002-9149\(18\)31332-8/fulltext](https://www.ajconline.org/article/S0002-9149(18)31332-8/fulltext)

- Loppefrøskaller. *Promedicin* 2020.12.07
<https://pro.medicin.dk/Medicin/Praeparater/8775>

- Fibertilskud. *Hjerteforeningen* 2020.01.09
<https://hjerteforeningen.dk/oversigt-over-naturlaegemidler/loppefroe/>

MIKROBIOM

- The microbiome and risk for atherosclerosis. *JAMA* 2018;319(23):2381-2382
<https://jamanetwork.com/journals/jama/article-abstract/2681622>

- Long-term dietary patterns are associated with pro-inflammatory and anti-inflammatory features of the gut microbiome. *Gut* 2021;0:1–12. Published Online First: 2021.04.02
<https://gut.bmj.com/content/early/2021/03/08/gutjnl-2020-322670>

- Healthy gut, healthy heart? Harvard Medical School, June 2018
<https://www.health.harvard.edu/heart-health/healthy-gut-healthy-heart>

- The intestinal microbiota regulates host cholesterol homeostasis. *BMC Biol* 2019; 17, 94
<https://bmcbiol.biomedcentral.com/articles/10.1186/s12915-019-0715-8>

MEJERIPRODUKTER OG OST

- Mejeriprodukter og hjertekarsygdom. *Hjerteforeningen* 2020.03.24
<https://hjerteforeningen.dk/fagnet/maelkeprodukter-hjertekarsygdom/>

- Cheese consumption and risk of cardiovascular disease: a meta-analysis of prospective studies. *Eur J Nutr* 2019;58(2):907
<https://link.springer.com/article/10.1007/s00394-016-1292-z>

- Whole dairy matrix or single nutrients in assessment of health effects: current evidence and knowledge gaps. The American Journal of Clinical Nutrition 2017;105:5:1033-1045

<https://academic.oup.com/ajcn/article/105/5/1033/4569873>

- Forskere: Fede oste er ikke usunde. Videnskab.dk 2017.05.24

<https://videnskab.dk/krop-sundhed/forskere-fede-oste-er-ikke-usunde>

MÆTTET FEDT

- WHO draft guidelines on dietary saturated and trans fatty acids: time for a new approach? BMJ 2019;366:l4137

<https://www.bmj.com/content/366/bmj.l4137>

- Experts question WHO advice to reduce saturated fat to curb chronic disease. BMJ 2019.07.03

<https://www.bmj.com/company/newsroom/experts-question-who-advice-to-reduce-saturated-fat-to-curb-chronic-disease/>

NØDDER

- Association of Nut Consumption with Total and Cause-Specific Mortality. N Engl J Med 2013; 369:2001-2011

<https://www.nejm.org/doi/full/10.1056/NEJMoa1307352>

- Nuts and Human Health Outcomes: A Systematic Review. Nutrients 2017, 9, 1311

<https://www.mdpi.com/2072-6643/9/12/1311/htm>

- Nuts and Cardio-Metabolic Disease: A Review of Meta-Analyses. Nutrients 2018, 10(12), 1935;

<https://www.mdpi.com/2072-6643/10/12/1935>

- Phytosterol content and fatty acid pattern of ten different nut types. Int J Vitam Nutr Res 2013;83(5):263-270

<https://econtent.hogrefe.com/doi/10.1024/0300-9831/a000168>

- Keep Your Cholesterol in Check with Foods High in Phytosterols. VeryWellHealth 2020.02.05

<https://www.verywellhealth.com/which-foods-contain-the-highest-amount-of-phytosterols-697742>

- Changes in nut consumption influence long-term weight change in US men and women. BMJ Nutrition, Prevention & Health 2019;2

<https://nutrition.bmj.com/content/2/2/90>

- Effects of 2-Year Walnut-Supplemented Diet on Inflammatory Biomarkers. J Am Coll Cardiol 2020, 76 (19) 2282-2284
<https://www.jacc.org/doi/10.1016/j.jacc.2020.07.071>

- Nuts and your heart: Eating nuts for heart health. Mayo Clinic 2019.11.14
<https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/nuts/art-20046635>

OKRA

- Effect of Abelmoschus esculentus (okra) on metabolic syndrome: A review. Phytother Res 2020 Sep;34(9):2192-2202
<https://onlinelibrary.wiley.com/doi/10.1002/ptr.6679>

- Hypolipidemic activity of okra is mediated through inhibition of lipogenesis and upregulation of cholesterol degradation. Phytother Res 2014 Feb;28(2):268-73
<https://onlinelibrary.wiley.com/doi/abs/10.1002/ptr.4998>

- Bhindi salan – Okragryde med tomat og løg. Hjerteforeningen 2020.07.17
<https://hjerteforeningen.dk/opskrifter/bhindi-salan-okragryde-med-tomat-og-loeg/>

- Okra. Mad&Venner 2017.10.01
<http://madoqvenner.dk/okra/>

- 11 foods that lower cholesterol. Harvard Medical School 2019.02.06
<https://www.health.harvard.edu/heart-health/11-foods-that-lower-cholesterol>

OLIER

- Oversigt over olier. Hjerteforeningen 2020.10.22
<https://hjerteforeningen.dk/oversigt-over-olier/>

- Sådan vælger du de rigtige fedtstoffer. Hjerteforeningen 2021.01.08
<https://hjerteforeningen.dk/forebyggelse/kost/styr-paa-foedevarerne/saadan-vaelger-du-de-rigtige-fedtstoffer/>

OMEGA-7

- Dietary Palmitoleic Acid Attenuates Atherosclerosis Progression and Hyperlipidemia in Low-Density Lipoprotein Receptor-Deficient Mice. Mol Nutr Food Res 2019;63(12):e1900120
<https://pubmed.ncbi.nlm.nih.gov/30921498/>

- What are omega-7 fatty acids? Do I need to take these if I already take fish oil? Consumer Lab 2017.08.08

<https://www.consumerlab.com/answers/do-i-need-to-take-omega-7-fatty-acids-if-i-take-fish-oil/omega-7-fatty-acids/>

PLANTESTEROLER

- Lowering Low-Density Lipoprotein Cholesterol Concentration with Plant Stanol Esters to Reduce the Risk of Atherosclerotic Cardiovascular Disease Events at a Population Level: A Critical Discussion. *Nutrients* 2020; 12(8): 2346

<https://www.mdpi.com/2072-6643/12/8/2346/htm>

- Comparison of the effects of plant sterol ester and plant stanol ester-enriched margarines in lowering serum cholesterol concentrations in hypercholesterolaemic subjects on a low-fat diet. *European Journal of Clinical Nutrition* 2000; 54: 715-725

<https://www.nature.com/articles/1601083>

- Keep Your Cholesterol in Check with Foods High in Phytosterols. *VeryWellHeath* 2020.02.05

<https://www.verywellhealth.com/which-foods-contain-the-highest-amount-of-phytosterols-697742>

- Boost Your Cholesterol-Lowering Potential With Phytosterols. *Cleveland Clinic* 2019.05.10

<https://my.clevelandclinic.org/health/articles/17368-phytosterols-sterols--stanols>

POLYFENOLER, FLAVONOIDER

- A Systematic Review and Meta-Analysis of the Effects of Flavanol-Containing Tea, Cocoa and Apple Products on Body Composition and Blood Lipids: Exploring the Factors Responsible for Variability in Their Efficacy. *Nutrients* 2017; 9(7): 746

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5537860/>

- Prebiotic potential of polyphenols, its effect on gut microbiota and anthropometric/clinical markers: A systematic review of randomised controlled trials. *Trends in Food Science & Technology* 2020; 99: 634-649

<https://www.sciencedirect.com/science/article/abs/pii/S0924224418303765>

- Flavonoid intake is associated with lower mortality in the Danish Diet Cancer and Health Cohort. *Nature Communications* 2019;10:3651

<https://www.nature.com/articles/s41467-019-11622-x>

- Dette indholdsstof mindsker din risiko for hjertedød. Hjerteforeningen
2019.08.22
<https://hjerteforeningen.dk/2019/08/dette-indholdsstof-mindsker-din-risiko-for-hjertedod/>

Q10

- Coenzyme Q10 for Patients With Cardiovascular Disease: JACC Focus Seminar. J Am Coll Cardiol 2021; 77(5): 609–619
<https://www.jacc.org/doi/pdf/10.1016/j.jacc.2020.12.009>

RESISTENT STIVELSE, KARTOFLER

- Meta-analysis indicates that resistant starch lowers serum total cholesterol and low-density cholesterol. Nutrition Research 2018;54:1-11
<https://www.sciencedirect.com/science/article/abs/pii/S0271531717309570?via%3Dihub>

- Resistant starch analysis of commonly consumed potatoes: Content varies by cooking method and service temperature but not by variety. Food Chemistry 2016;208:297-300
<https://www.sciencedirect.com/science/article/abs/pii/S0308814616305052?via%3Dihub>

- Starchy Carbohydrates in a Healthy Diet: The Role of the Humble Potato. Nutrients 2018; 10(11): 1764
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6267054/>

- Potatoes are actually a healthy food - without butter and other fixings. Washington Post 12.11.2018
https://www.washingtonpost.com/national/health-science/potatoes-are-actually-a-healthy-food--without-butter-and-other-fixings/2018/11/09/3156fd76-d96d-11e8-a10f-b51546b10756_story.html

- Carbs and cooking. Diabetes UK
<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/carbohydrates-and-diabetes/carbs-and-cooking>

- What is resistant starch? The Johns Hopkins Patient Guide to Diabetes
<https://hopkinsdiabetesinfo.org/what-is-resistant-starch/>

- Resistant starch may speed weight loss and improve health. Consumer Reports 2017.10.11
<https://www.consumerreports.org/healthy-eating/resistant-starch-may-speed-weight-loss-and-improve-health/>

- Resistant starch content in a selection of starchy foods on the Swedish market. European Journal of Clinical Nutrition 2002; 56: 500–505
<https://www.nature.com/articles/1601338>

RØDE RIS

- Red Yeast Rice for Hypercholesterolemia: JACC Focus Seminar. J Am Coll Cardiol 2021;77 (5): 620–628
<https://www.jacc.org/doi/10.1016/j.jacc.2020.11.056>

- A meta-analysis of red yeast rice: an effective and relatively safe alternative approach for dyslipidemia. PLoS One. 2014;9(6):e98611
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0098611>

- Røde gærris er naturens statiner. Hjerteforeningen 2020.02.05
<https://hjerteforeningen.dk/2020/02/roede-gaerris-er-naturens-statiner/>

- Røde gærris. Hjerteforeningen 2020.01.09
<https://hjerteforeningen.dk/oversigt-over-naturlaegemidler/roede-gaerris/>

- Røde gærris som formodet årsag til akut nyre- og leversvigt. Ugeskr Læger 2019;181:V02190107
https://ugeskriftet.dk/files/scientific_article_files/2019-09/v02190107_1.pdf

- Rhabdomyolysis due to red yeast rice (*Monascus purpureus*) in a renal transplant recipient. Transplantation 2002;74(8):1200-1
https://journals.lww.com/transplantjournal/Fulltext/2002/10270/Rhabdomyolysis_due_to_red_yeast_rice_Monascus.28.aspx

- Safety of red yeast rice supplementation: A systematic review and meta-analysis of randomized controlled trials. Pharmacological Research 2019;143:1-16
<https://www.sciencedirect.com/science/article/abs/pii/S1043661819303172>

SVAMPE

- Mushroom consumption, biomarkers, and risk of cardiovascular disease and type 2 diabetes: a prospective cohort study of US women and men. The American Journal Of Clinical Nutrition 2019;110(3):666-74
<https://academic.oup.com/ajcn/article/110/3/666/5512173>

- Antihyperlipidemic effects of oyster mushrooms in HIV-infected individuals taking antiretroviral therapy. BMC Compl Alt Med 2011;11:60
<https://bmccomplementmedtherapies.biomedcentral.com/articles/10.1186/1472-6882-11-60>

- Oyster mushroom reduced blood glucose and cholesterol in diabetic subjects. Mymensingh Med J. 2007;16(1):94-9
<https://pubmed.ncbi.nlm.nih.gov/17344789/>
- Lipid lowering effects of oyster mushroom (*Pleurotus ostreatus*) in humans. Journal of Functional Foods 2011; 3, 1 17-24
<https://www.sciencedirect.com/science/article/abs/pii/S1756464610000630>
- Mushrooms. Harvard T.H. Chan School of Public Health
<https://www.hsph.harvard.edu/nutritionsource/food-features/mushrooms/>
- Can Mushrooms Lower Your Lipid Levels? VeryWellHealth 2019.11.05
<https://www.verywellhealth.com/can-mushrooms-lower-your-lipid-levels-697580>

TE

- Effect of Black Tea Consumption on Blood Cholesterol: A Meta-Analysis of 15 Randomized Controlled Trials. PLoS One 2014; 9(9): e107711
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0107711>
- Black tea consumption and serum cholesterol concentration: Systematic review and meta-analysis of randomized controlled trials. Clinical Nutrition 2015;34(4):612-9
<https://linkinghub.elsevier.com/retrieve/pii/S0261561414001678>
- Effect of green tea consumption on blood lipids: a systematic review and meta-analysis of randomized controlled trials. Nutrition Journal 2020; 19, 48
<https://nutritionj.biomedcentral.com/articles/10.1186/s12937-020-00557-5>
- Effect of green tea on glucose control and insulin sensitivity: a meta-analysis of 17 randomized controlled trials. American Journal of Clinical Nutrition 2013;98(2):340-8
<https://academic.oup.com/ajcn/article/98/2/340/4577179>
- Reduction of body fat and improved lipid profile associated with daily consumption of a Puer tea extract in a hyperlipidemic population: a randomized placebo-controlled trial. Clin Interv Aging 2016;11:367-376
<https://www.dovepress.com/reduction-of-body-fat-and-improved-lipid-profile-associated-with-daily-peer-reviewed-fulltext-article-CIA>

TOMAT

- Tomato and lycopene supplementation and cardiovascular risk factors: a systematic review and meta-analysis. *Atherosclerosis* 2017; 257: 100-108
[https://www.atherosclerosis-journal.com/article/S0021-9150\(17\)30010-2/abstract](https://www.atherosclerosis-journal.com/article/S0021-9150(17)30010-2/abstract)
- Increases in plasma lycopene concentration after consumption of tomatoes cooked with olive oil. *Asia Pac J Clin Nutr* 2005;14(2):131-6
- Effect of Dietary and Supplemental Lycopene on Cardiovascular Risk Factors: A Systematic Review and Meta-Analysis. *Advances in Nutrition* 2020;11,6,1453-1488
<https://academic.oup.com/advances/article-abstract/11/6/1453/5870316>
- Can Tomatoes Help Lower Your Cholesterol? *VeryWellHealth* 2019.11.19
<https://www.verywellhealth.com/health-benefits-of-tomatoes-to-lower-cholesterol-697731>

VIN OG ALKOHOL

- Moderate alcohol consumption and atherosclerosis : Meta-analysis of effects on lipids and inflammation. *Wien Klin Wochenschr* 2017;129(21-22):835-843
<https://link.springer.com/article/10.1007/s00508-017-1235-6>
- The Effect of Alcohol on Cardiovascular Risk Factors: Is There New Information? *Nutrients* 2020; 12(4): 912
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7230699/>
- Red Wine Consumption and Cardiovascular Health. *Molecules* 2019; 24(19): 3626
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6804046/>
- Wine and Cardiovascular Health. A Comprehensive Review. *Circulation* 2017;136(15):1434-1448
<https://www.ahajournals.org/doi/full/10.1161/CIRCULATIONAHA.117.030387>
- Red wine and resveratrol: Good for your heart? *Mayo Clinic* 2019.10.22
<https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/red-wine/art-20048281>
- To beer or not to beer: A meta-analysis of the effects of beer consumption on cardiovascular health. *PLoS One* 2020; 15(6): e0233619
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0233619>

VITAMIN D, CALCIUM

- Vitamin D, Calcium Supplements, and Implications for Cardiovascular Health: JACC Focus Seminar. J Am Coll Cardiol 2021;77(4):437–449
<https://www.jacc.org/doi/10.1016/j.jacc.2020.09.617>

- Impact of vitamin D status on statin-induced myopathy. J Clin Transl Endocrinol. 2016 Dec; 6: 56–59
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5644425/>

ÆBLE

- Two apples a day lower serum cholesterol and improve cardiometabolic biomarkers in mildly hypercholesterolemic adults: a randomized, controlled, crossover trial. Am J Clin Nutr 2020; 111(2): 307–318.
<https://academic.oup.com/ajcn/article/111/2/307/5675325>

- Intake of whole apples or clear apple juice has contrasting effects on plasma lipids in healthy volunteers. European Journal of Nutrition 2013; 52, 1875–1889
<https://link.springer.com/article/10.1007/s00394-012-0489-z>

- A Comprehensive Review of Apples and Apple Components and Their Relationship to Human Health. Adv Nutr 2011; 2(5): 408–420
<https://academic.oup.com/advances/article/2/5/408/4557935>

- Apples and Cardiovascular Health - Is the Gut Microbiota a Core Consideration? Nutrients 2015; 7(6): 3959–3998
<https://www.mdpi.com/2072-6643/7/6/3959>

- Cholesterol-lowering properties of different pectin types in mildly hypercholesterolemic men and women. Eur J Clin Nutr 2012;66(5):591-9
<https://www.nature.com/articles/ejcn2011208>

- The Health Benefits of Apple Pectin. VeryWellHealth 2020.12.21
<https://www.verywellhealth.com/the-benefits-of-apple-pectin-89599>

- History behind 'An apple a day'. Washington Post 2013.09.23
https://www.washingtonpost.com/lifestyle/wellness/history-behind-an-apple-a-day/2013/09/24/aac3e79c-1f0e-11e3-94a2-6c66b668ea55_story.html

ÆBLECIDEREDDIKE

- Beneficial effects of Apple Cider Vinegar on weight management, Visceral Adiposity Index and lipid profile in overweight or obese subjects receiving restricted calorie diet: A randomized clinical trial. Journal of Functional Foods 2018; 43, 95-102
<https://www.sciencedirect.com/science/article/abs/pii/S1756464618300483>
- Is apple cider vinegar really good for me? BBC Trust me I'm a doctor. 2016 sæson 5, episode 1.
<https://www.bbc.co.uk/programmes/articles/38jzBcHNHD1jWpLtVybgj20/is-apple-cider-vinegar-really-good-for-me>
- Health Benefits of Apple Cider Vinegar. WebMD 2020.12.02
<https://www.webmd.com/diet/health-benefits-apple-cider-vinegar#1>

ÆG

- Association of egg intake with blood lipids, cardiovascular disease, and mortality in 177,000 people in 50 countries. American Journal of Clinical Nutrition 2020; 111: 4: 795-803
<https://academic.oup.com/ajcn/article/111/4/795/5713417>
- Egg consumption, cardiovascular diseases and type 2 diabetes. European Journal of Clinical Nutrition 2018;72:44-56
<https://www.nature.com/articles/ejcn2017153>
- Æg øger ikke risikoen for hjerte-kar-sygdomme og kan indtages som del af en hjertevenlig kost. Ugeskrift for Læger 2017;179:V11160792
https://ugeskriftet.dk/files/scientific_article_files/2017-08/V11160792.pdf
- Associations of dietary cholesterol or egg consumption with incident cardiovascular disease and mortality. JAMA 2019;321(11):1081-1095
<https://jamanetwork.com/journals/jama/fullarticle/2728487>
- Eggs not tied to higher stroke risk. New York Times 2019.05.22
<https://www.nytimes.com/2019/05/22/well/eat/eggs-not-tied-to-higher-stroke-risk.html>
- Are eggs bad for your heart health? Maybe. New York Times 2019.03.15
<https://www.nytimes.com/2019/03/15/well/eat/eggs-cholesterol-heart-health.html>
- Intake of up to 3 Eggs per Day Is Associated with Changes in HDL Function and Increased Plasma Antioxidants in Healthy, Young Adults. The Journal of Nutrition 2017;147,3,323-329
<https://academic.oup.com/jn/article/147/3/323/4669740>