

## Vitamin D-fortified yogurt helps heart

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TEHRAN, Nov. 25 (UPI) -- Regular consumption of a vitamin D-fortified yogurt drink improves [cholesterol](#) levels and biomarkers of heart disease, in diabetics, researchers in Iran say.

Sakineh Shab-Bidar and colleagues at the National Research Institute and Faculty of Nutrition and Food Technology and Tehran University of Medical Sciences said not having enough vitamin D affects the inner lining of blood vessels -- [endothelial cells](#) -- eventually leading to [atherosclerosis](#) and cardiovascular disease.

In a double-blind trial, researchers investigated the effect of vitamin D on the glycemic status, [cholesterol](#) levels and endothelial biomarkers of diabetics. Patients were given either a plain yogurt drink or the same drink fortified with vitamin D, twice a day for 12 weeks.

Patients who had taken the vitamin D yogurt also had improved [cholesterol](#) levels with lower total [cholesterol](#) and low-density [lipoprotein](#), the "bad," [cholesterol](#) and an increase in [high-density lipoprotein](#), the "good," [cholesterol](#).

All the improvements in [cholesterol](#) seemed to be due to the reduction in [insulin](#) resistance, the study said.

"Most of our patients were deficient in vitamin D at the start of the trial but the fortified yogurt drink elevated most of their levels to normal," Abolghassem Djazayeri said in a statement. "However, even amongst those who took the vitamin D supplement, about 5 percent remained deficient at the end of the 12 weeks. These people did not show the same improvements. Nevertheless for most diabetics with vitamin D deficiency this is an easy way to improve their outcome."

The findings were published in the journal BMC Medicine.

Read more: [http://www.upi.com/Health\\_News/2011/11/25/Vitamin-D-fortified-yogurt-helps-heart/UPI-21311322276873/#ixzz1f28jvH3P](http://www.upi.com/Health_News/2011/11/25/Vitamin-D-fortified-yogurt-helps-heart/UPI-21311322276873/#ixzz1f28jvH3P)

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