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Dairy: A lower percent investment in the volatile hypertensive environment

Miriam E Pearman, Hirofumi Tanaka

Abstract

In cross-sectional and intervention studies, low-fat dairy has proven to be effective in lowering blood pressure in a hypertensive population. Contributing mechanisms include the ACE-inhibiting effects of peptides and possible interplay between calcium and vitamin D. Easily added to the diet, low-fat dairy is an attractive addition to nutritional, lifestyle, and pharmacological interventions to treat hypertension.

Key words: Dairy; Blood Pressure; Hypertension; Milk; Cardiovascular

Core tip: Low-fat dairy has shown to be effective in lowering blood pressure in a hypertensive population. Contributing mechanisms include the ACE-inhibiting effects of peptides and possible interplay between calcium and vitamin D. Easily added to the diet, low-fat dairy is an attractive addition to nutritional, lifestyle, and pharmacological

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dairy farms, it will also pose challenges in terms of increased investment at farm level within a volatile milk price environment. While prudent use of debt is an ...

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