

Phosphate 'linked to heart disease'

Tuesday 7th June 2011

Lowering the intake of phosphate could cut heart disease, according to new research.

Scientists at the University of Sheffield discovered a link between a higher phosphate diet and cholesterol deposits in the wall of arteries, according to research published in journal Arteriosclerosis, Thrombosis and Vascular Biology.



This process leads to the narrowing of the arteries, which is known to lead to heart attack and stroke.

The research indicates that drugs called binders could be used to reduce phosphate levels in the human diet.

Dr Tim Chico of the university said: "This is a very early, but exciting finding, as it suggests that by reducing the amount of phosphate in the blood we may have discovered a new approach to reducing heart disease."

Food high in phosphate includes biscuits, cakes, sweets, meats such as offal and veal and dairy products.

In other news, children were found to eat more vegetables when allowed to choose whichever ones they wanted, researchers from the University of Granada have said.

Written by Martin Lambert

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