

SEARCH 

HOME | ABOUT | BLOG

GET UPDATES &gt;

DONATE

- ▶ FOR PHYSICIANS
- ▶ HEALTH AND NUTRITION
  - Action Alerts
  - Breaking Medical News
  - Continuing Education
  - Health Topics
  - Cancer Resources
  - Diabetes Resources
  - Food for Life Classes
  - Healthy School Lunches
  - Vegetarian and Vegan Diets
  - Reports and Surveys
  - Clinical Research Studies
  - Health Care Professionals
  - Autogripe
- ▶ ETHICAL RESEARCH & EDUCATION
- ▶ MEDIA CENTER
- ▶ LEGISLATIVE FOCUS
- ▶ CLINICAL RESEARCH
- ▶ EDUCATIONAL LITERATURE
- ▶ MEMBERSHIP
- ▶ SHOP

## BREAKING MEDICAL NEWS

May 1, 2014

## Iron in Meat Linked to Heart Disease

May 1, 2014



Iron found in meat may increase your risk of heart disease, according to a new meta-analysis published in the *Journal of Nutrition*.

Researchers analyzed data from 21 international studies, which included 292,454 participants, for an average of ten years. Results showed heme iron (found in meat) increased risk of heart disease by 57 percent.

Conversely, non-heme iron found in vegetables showed no relationship to risk or mortality from heart disease.

For more information on heart disease prevention, click [here](#).

Hunnicut J, He K, Xun P. Dietary iron intake and body iron stores are associated with risk of coronary heart disease in a meta-analysis of prospective cohort studies. *J Nutr*. Published online January 8, 2014.

[Subscribe to PCRM's Breaking Medical News.](#)

Breaking Medical News is a service of the Physicians Committee for Responsible Medicine, 5100 Wisconsin Ave., Ste. 400, Washington, DC 20016, 202-686-2210. [Join PCRM](#) and receive the quarterly magazine, *Good Medicine*.

[Vegetarians and Vegans Have Lower Risk of Heart Disease](#)

[Fiber Extends Life After a Heart Attack](#)

[2014 Archive](#)

[2013 Archive](#)

[2012 Archive](#)

[2011 Archive](#)

[2010 Archive](#)

[2009 Archive](#)

[2008 Archive](#)

[2007 Archive](#)

[2006 Archive](#)

[2005 Archive](#)

[2004 Archive](#)

[2003 Archive](#)

[2002 Archive](#)



## CONNECT WITH PCRM

Like Share 509k

Follow @pcrm Tweet 72

PCRM YouTube 2 K

This site does not provide medical or legal advice. This Web site is for informational purposes only.  
[Full Disclaimer](#) | [Privacy Policy](#)

Physicians Committee for Responsible Medicine  
 5100 Wisconsin Ave., N.W., Ste.400, Washington DC, 20016  
 Phone: 202-686-2210 Email: [pcrm@pcrm.org](mailto:pcrm@pcrm.org)

PubMed

Display Settings: Abstract



J Nutr. 2014 Mar;144(3):359-66. doi: 10.3945/jn.113.185124. Epub 2014 Jan 8.

## Dietary iron intake and body iron stores are associated with risk of coronary heart disease in a meta-analysis of prospective cohort studies.

Hunnicutt J<sup>1</sup>, He K, Xun P.

### Author information

### Abstract

The link between iron intake as well as body iron stores and coronary heart disease (CHD) has been contentiously debated, and the epidemiologic evidence is inconsistent. We aimed to quantitatively summarize the literature on the association between dietary iron intake/body iron stores and CHD risk by conducting a meta-analysis of prospective cohort studies. PubMed was used to find studies published through June 2013 in peer-reviewed journals. Embase or a hand search of relevant articles was used to obtain additional articles. The pooled RRs of CHD incidence and mortality with 95% CIs were calculated by using either a random-effects or fixed-effects model, as appropriate. Twenty-one eligible studies (32 cohorts) including 292,454 participants with an average of 10.2 y of follow-up were included. Heme iron was found to be positively associated with CHD incidence (RR: 1.57; 95% CI: 1.28, 1.94), whereas total iron was inversely associated (RR: 0.85; 95% CI: 0.73, 0.999). Neither heme-iron nor total iron intakes were significantly associated with CHD mortality. Both transferrin saturation and serum iron were inversely related to CHD incidence [RR (95% CI): 0.76 (0.66, 0.88) and 0.68 (0.56, 0.82), respectively], but only transferrin saturation was inversely associated with CHD mortality (RR: 0.85; 95% CI: 0.73, 0.99). In conclusion, total iron intake and serum iron concentrations were inversely associated with CHD incidence, but heme iron intake was positively related to CHD incidence. Elevated serum transferrin saturation concentration was inversely associated with both CHD incidence and mortality. Future research is needed to establish the causal relation and to elucidate potential mechanisms.

PMID: 24401818 [PubMed - indexed for MEDLINE] PMCID: PMC3927548 [Available on 2015/3/1]

Publication Types, MeSH Terms, Substances, Grant Support

LinkOut - more resources

PubMed Commons

[PubMed Commons home](#)

0 comments

[How to join PubMed Commons](#)