

Cardiovascular Disease (CVD) Dietary Lycopene and Disease Risk

CVD - main findings

- Data suggest a neutral association between heart disease risk and dietary lycopene intake based on endpoints shown, including PC for coronary artery disease (CAD). Data are limited.

Summary of studies and outcomes

- Number of studies = 7
- Risk estimates (RE) = 8
 - (-) = 4
 - N = 4
 - (+) = 0

Table: Relationship between Dietary Lycopene and CVD

Study Type	N= studies	NEGATIVE ASSOCIATION (protective)					NEUTRAL ASSOCIATION (no associated risk or benefit)					POSTIVE ASSOCIATION (risk factor)				
		Sample size, n=					Sample size, n=					Sample size, n=				
CVD		≤100	101-200	201-500	501-1000	≥1000	≤100	101-200	201-500	501-1000	≥1000	≤100	101-200	201-500	501-1000	≥1000
		√#ox					√#ox									
RCT	1	√#ox					√#ox									
Interv	2	√ox					√ox									
PC	1									√CAD						
CC	1									√						
Cross Sec	2	√inf		√MS, lip												
Eco	0															

√#_{Lyc} Indicates multiple RE in same study, √#_{CAD, MS, lip, inf, ox} Indicates coronary artery disease, metabolic syndrome, lipids, inflammation and oxidative stress, respectively.