



Journal of Functional Foods

Volume 38, Part A, November 2017, Pages 160-167

Effects of dry-cured ham rich in bioactive peptides on cardiovascular health: A randomized controlled trial

Silvia Montoro-García ^a , María Pilar Zafrilla-Rentero ^a, Francisco Miguel Celdrán-de Haro ^a, Juan José Piñero-de Armas ^b, Fidel Toldrá ^c, Luis Tejada-Portero ^a, José Abellán-Alemán ^a

☰ **Show more**

<https://doi.org/10.1016/j.jff.2017.09.012>

[Get rights and content](#)

Highlights

- Biopeptides present in dry-cured ham can act as ACE inhibitors.
- The consumption of dry-cured ham did not affect sodium excretion nor blood pressure.
- **Cholesterol** and LDL levels only decreased after the interventional treatment.
- The intake of dry-cured ham might have a blood **glucose** regulatory capacity too.
- **Bioactive compounds** from dry-cured ham could contribute as nutritional therapy in CVD.

Abstract

Establishing health effects of bioactive compounds from dry-cured meat is an active area of clinical research. The present study aims to investigate whether consuming dry-cured ham with biopeptides, among other bioactive compounds, modifies blood pressure (BP) and improves other risk factors for cardiovascular disease in humans. This two-arm, cross-over,

[Outline](#)[Purchase](#)[Export](#)

Intake of 60 g dry-cured ham did not impair BP or 24 h sodium excretion. Total cholesterol, LDL and basal glucose levels dropped after dry-cured ham consumption ($p = 0.00019$, $p = 0.021$ and $p = 0.014$, respectively). Cooked ham did not affect any of the clinical and biochemical markers. Dry-cured ham components could exert a plethora of activities over the cardiovascular system including lipid and glucose metabolism. Additional studies are needed to confirm the effects of dry-cured meat biopeptides on diverse risk factors in pathological conditions.

[Previous article](#)[Next article](#)

Abbreviations

ACE, Angiotensin I Converting Enzyme; BMI, Body Mass Index; BP, Blood Pressure; CVD, Cardiovascular Disease; DBP, Diastolic Blood Pressure; HDL, High Density Lipoprotein; LDL, Low Density Lipoprotein; RCT, Randomized Controlled Trial; SBP, Systolic Blood pressure; UCAM, Catholic University of Murcia

Keywords

Dry-cured ham; Bioactive peptides; Hypertension; ACE inhibition; Cardiovascular risk factors

Choose an option to locate/access this article:

Check if you have access through your login credentials or your institution.

[Check Access](#)

or

[Purchase](#)

or

[Check for this article elsewhere](#)[Recommended articles](#)[Citing articles \(2\)](#)

[☰ Outline](#)[Purchase](#)[Export](#) 

Cookies are used by this site. For more information, visit the [cookies page](#).

Copyright © 2018 Elsevier B.V. or its licensors or contributors. ScienceDirect® is a registered trademark of Elsevier B.V.

The logo for RELX Group, featuring a stylized orange 'R' followed by the text 'RELX Group™' in a black sans-serif font.