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## PREFACE

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The purpose of this PhD thesis was to examine whether or not the fat content of cheese-matrix as well as the cheese ripening duration matter, with respect to the effect on cardiovascular and diabetes risk markers. Moreover, the importance of the source of saturated fat for the effects on cardiometabolic markers was investigated. This thesis is based on three independent studies carried out in the time period from January 2012 to August 2014. Two of these studies were conducted on pigs and carried out in collaboration with the Research Center Foulum at the Department of Animal Science, University of Aarhus, whereas one study was conducted on humans at the Department of Nutrition, Exercise and Sports, Faculty of Science, University of Copenhagen.

The three studies led to the following three papers:

- Paper I            Tanja K. Thorning, Anne Raben, Nathalie T. Bendsen, Henry H. Jørgensen, Pia Kiilerich, Ylva Ardö, Janne K. Lorenzen, Karsten Kristiansen, and Arne Astrup. **Importance of fat content of cheese-matrix for blood lipid profile, fecal fat excretion, and gut microbiome in growing pigs.** *Submitted to Journal of Dairy Science, 2015 Aug.*
- Paper II            Tanja K. Thorning, Nathalie T. Bendsen, Søren Krogh Jensen, Ylva Ardö, Tine Tholstrup, Arne Astrup, and Anne Raben. **Cheddar cheese ripening affects plasma non-esterified fatty acids and serum insulin concentrations in growing pigs.** *J Nutr 2015 Jul;145(7):1453-8.*
- Paper III            Tanja K. Thorning, Farinaz Raziani, Nathalie T. Bendsen, Arne Astrup, Tine Tholstrup, and Anne Raben. **Diets with high-fat cheese, high-fat meat or carbohydrate on cardiovascular risk markers in overweight postmenopausal women: a randomized cross-over trial.** *Am J Clin Nutr 2015 Jul 15; 1-9 [Epub ahead of print].*

The three studies were part of a cheese project financed 50% by the Danish Dairy Research Foundation, Danish Agriculture and Food Council (Denmark), and 50% by a multi-sponsor agreement between the Dairy Research Institute (USA), the Dairy Farmers of Canada, Centre National Interprofessionel de l'Economie Laitière (France), Dairy Australia, and Nederlandse Zuivel Organisatie (the Netherlands).