Vegetarian diet, Seventh Day Adventists and risk of cardiovascular mortality: A systematic review and meta-analysis

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*This author takes responsibility for all aspects of the reliability and freedom from bias of the data presented and their discussion interpretation.*

Received: May 8, 2014; Accepted: July 24, 2014; Published Online: August 04, 2014

DOI: http://dx.doi.org/10.1089/icard.2014.07.050

**Highlights**

- Vegetarian diet is potentially associated with reduced ischaemic heart disease.
- The benefits of a vegetarian diet are most apparent among Seventh-Day Adventists.
- Reductions in all-cause mortality were not replicated in the non-Adventist studies.
- Evidence supporting a vegetarian diet is driven by Seventh-Day Adventist studies.
- The effect of vegetarian diet in other non-Adventist cohorts remains unproven.