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Consumption of flavonoid rich foods and supplements could lead to reductions ischemic stroke risk” claims a research team from the University of East Anglia, in UK.

In their new clinical study, one of the first in which scientists test how consuming flavonoids affects the risk of stroke, Cassidy and his colleagues used data from 69,622 women who took part in 14 years of follow-up from the Nurse’s Health Study. They examined the relationship of the six main subclasses of flavonoids usually consumed in the diet : flavanones, flavonols, flavones, flavan-3-ol, anthocyanins, flavonoid polymers, with the risk of ischemic, hemorrhagic and total stroke.

This research team, demonstrates that women consuming a high rate of flavanones, a subclass of flavonoids that are found in high concentration in citrus fruits, were associated with up to a 19% reduction in stroke risk compared to women who ingested a low rate. *“Over 14 years of follow-up, high flavanone intake was associated with a 19% lower risk of ischemic stroke, a finding that fits with existing data on the prospective effect of citrus fruit consumption ”* said Dr Aedin Cassidy.

“To our knowledge, this is the first prospective study to examine the main dietary flavonoid subclasses on risk of stroke using an updated, comprehensive food database. (...) Our findings suggest that bioactive compounds present in citrus may potentially be associated with a reduced risk of stroke ” said the researchers.

Even if further studies are needed to confirm their research, Cassidy's team remarked that flavonoids are thought to provide some of that protection through several mechanisms, "*including improved blood vessel function and an anti-inflammatory effect*".

The research team conclude by saying that : "***Studies have shown higher fruit, vegetable (...) is associated with reduced stroke risk***".

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Source : *Stroke*, "Dietary Flavonoids and Risk of Stroke in Women" by A.Cassidy, E.B Rimm; E.J. O'Reilly, G. Logroscino et al.,

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