The Influence of Nutrition on Cardiovascular Health

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Cardiovascular disease remains the leading cause of mortality in industrialized countries and is rapidly becoming a primary cause of death worldwide. Therefore, identification of the nutritional factors that most effectively decrease cardiovascular disease's risk is essential. The relationship between diet and cardiovascular disease has been studied intensively for nearly a century. The following dietary strategies have been proven to be effective in preventing cardiovascular disease. (1) Balance calorie intake and physical activity to achieve and maintain healthy body weight. (2) Consume diets rich in fruits, vegetables and whole grains. (3) Substitute polyunsaturated fat and monounsaturated fat for saturated fat and trans fat. (4) Increase consumption of Omega-3 fatty acids from fish, fish oil supplement or plant source. (5) Include adequate dietary fiber, especially soluble fiber. (6) Minimize the intake of beverages and foods with added sugar. (7) Choose and prepare foods with little or no salt. (8) Consumes alcohol in moderation. (9) Phytostanols, nuts and soys are suggested to be included as part of a cardioprotective diet. Also, other functional ingredients/nutrients with possible effect on cardiovascular disease risk are antioxidants, prebiotics, dairy bioactives, Folate, B vitamins, vitamin D, vitamin K2. Studies have suggested that nutrition play an important role on the prevention of cardiovascular disease. The presentation will discuss the dietary factors effect on cardiovascular health and how to apply these recommendations to practice.

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