

Food that may alter the risk of cardiovascular disease.

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One of the main risks is a wrong diet. Factors of cardiovascular disease, the number one killer in Australia and around the world. But a limitation of research on the relationship between what we eat and cardiovascular disease are generally linked depending on what a person eats in a day. We examined the diets of 70,273 people who died from cardiovascular disease and compared them to a similar number of healthy people. In particular, they analyzed the consumption of 10 food groups: whole grains, Vegetables, Fruits, Nuts, Legumes, Eggs, Poultry, Dairy, Fish/Seafood, red/processed meat. After considering your age, gender and current smoking physical condition, body mass index, alcohol consumption and physical activity, the results were both surprising and not surprising. For example, high consumption of red and processed foods Long-term meat increases the chance of cardiovascular death by 23%. On the other hand; the percentage of fruit and vegetable consumption is higher than that of many years has reduced the likelihood of dying from cardiovascular causes by 28% [1].

The high nut consumption has been reduced cardiovascular deaths by 27% by reducing consumption of large amounts of whole grains. Deaths from cardiovascular causes by 13%. Because each of the 22 studies included in the systematic review had several ways to measure the amount of food eaten, He says he can't explain exactly what the high intake is. That the results were based on the comparison of users the last of each food group and those who ate the most. I couldn't find any studies using the links between eating seafood and cardiovascular disease, but they exist. There have been interesting discoveries related to dairy and legumes. For example, some say that dairy products are good for reducing the risk of heart disease, but some say it's not healthy [2].

This study was successful. It doesn't matter whether you eat a lot of dairy products or not. Maybe more surprisingly, they found that high or low heart rate intake didn't matter for heart health. Chief Nutritionist, Heart Foundation, Jemma O'Hanlon says the results of this study are consistent with the studies that have been conducted used to develop heart-healthy eating habits. "We see a portion reaction relationship. Examination should be possible for nutritional categories like red/handled meat, Entire grains, vegetables and dairy and, surprisingly, little changes. Diet might prompt better cardiovascular results [3].

For example everyone an increase of 10 grams per day of whole grains was associated with a 4% reduction. Deaths from cardiovascular causes, while red and processed meat consumption increases every 10 grams days of use was associated with a 1.8% cardiovascular increase Death. We continue to encourage Australia people to protect their hearts eating whole grains, vegetables, fruits, nuts and reducing consumption of red or processed meats. As obvious as this advice is, it's an important reminder. People aren't real & eat one type of food a day, he says, referring to studies he was involved in just one type of food. People eat different types of food and they like it. Food interacts with health outcomes. Stick to this healthy food choice and if you do it as a daily routine you will get maximum health Benefits & reduces risks [4].

Beans are high in fiber and they play a key role in the proper digestion of our food. The beans were proven to lower bad cholesterol. Beans have also been shown to reduce the high blood pressure and may also reduce inflammation. Finally eat keeping them healthy and full of nutrients is key to staying healthy for a long time. Life. Heart plays a major role in maintaining our health. Besides that, you must too engage in physical activity to make sure your body is doing it requires. Exercise also improves cardiovascular health [5].

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