

Download Diet And Heart Disease A Round Table Of Factors

According to the American Heart Association, heart disease accounts for about 33 percent of deaths in the U.S.—claiming one life every 38 seconds. Those are some scary numbers, but you can avoid becoming a statistic by looking at what you eat more closely. To read more about heart disease and cholesterol, check out this eBook on the Diet–Heart Myth. It’s hard to overstate the impact that cardiovascular disease (CVD) has in the U.S.. Consider the following: To put that last statistic in perspective, the World Health Organization has estimated that ...Cardiovascular diseases, especially coronary heart disease (CHD), are epidemic in India. The Registrar General of India reported that CHD led to 17% of total deaths and 26% of adult deaths in 2001-2003, which increased to 23% of total and 32% of adult deaths in 2010-2013. Walnuts are round, single-seeded stone fruits that grow from the walnut tree. They are a good source of healthful fats, protein, and fiber. They may enhance heart and bone health and help in ...