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The healthy diet for cardiovascular disease

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ABSTRACT

Core tip: Cardiovascular disease (CVD) is major causes of morbidity and mortality in the world especially in industrialized countries. Healthy diet is one of the key points that will influence all other cardiovascular risk elements. Hence, easy and lucrative steps such as an appropriate diet should be able to improve the obesity epidemic and the subsequent CVD burden as it is assessed that lifestyle selections can account for up to 40% of early CVD mortalities.

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Introduction

Cardiovascular disease (CVD) is major causes of morbidity and mortality in the world regardless of race, ethnicity or gender (1,2).

Researchers have confirmed the effect of diet as a vital in the development and inhibition of CVD. A healthful regime and lifestyle can decrease your risk of; CVD, conditions that cause heart disorder (consist of high blood pressure, high cholesterol, and fatness), other chronic health problems (3).

Dietary recommendation about CVD inhibition is complex. Much uncertainty stems from the dearth of absolute data on available diets and their potential health advantages. In the past years, the American Heart Association has suggested a low-fat regime of 55% of total calories from carbohydrates, 30% from fat, and 15% from protein, with cholesterol controlled to >300 mg/day (4). However, an inadvertent result of emphasizing this low-fat regime may have been to promote unlimited carbohydrate consumption (5). In this paper the effect of diet on CVDs will be studied.

Low carbohydrate diets

A low carbohydrate (LC) diet was first described by William Banting (6). In 2003, Foster et al (7) published a paper in which they described LC dieters appeared a greater rise in high-density lipoprotein (HDL) cholesterol and a reduction in triglycerides, but there appears to be no significant alteration in weight loss contrasted with a low-fat diet at one year. However, more investigations are required to assess the efficiency of a LC diet on longstanding weight loss and cardiovascular results (8).

Very low fat diets

In recent years, researchers have exhibited which

abnormal blood lipid (fat) levels have a strong correlation with the possibility of heart attack, coronary artery disorder, and coronary death. Abnormal blood lipids are associated to what you consume (9). However, unsaturated fats, monounsaturated and polyunsaturated are beneficial for heart health. Actually, our bodies cannot create these acids thus we have to consume them to gain their advantages, which involve improving cholesterol levels in the body (9).

On the whole, very low fat (VLF) diets permit less than 15% of entire calories from fat, 70% from carbohydrates, and 15% from protein. Therefore, the VLF diet and extreme life-style modifies have significant effects in terms of decreasing risk elements and cardiac event rates (8).

The Mediterranean diet

One of the best examined diets for cardiovascular healthiness is the Mediterranean diet. This involves monounsaturated fats from olive oil, fish, fruits, whole grains, vegetables and legumes/nuts. This diet has been shown to decrease the burden, or even inhibit the development, of CVD, depression, diabetes, breast cancer, etc. (10).

In brief, the Mediterranean diet is similar to other intercessions for example aspirin, physical activity, and even anti-hypertensives for example angiotensin-converting-enzyme inhibitors (ACE inhibitors) or β -blockers in terms of decreasing the risk of CVD morbidity, death, and events (11).

Fruits and vegetables diet

Many researchers have argued that, fruit and vegetable intake is related to death, involving mortality from CVD and cancer (12). In fact, most fruits and vegetables

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(FAV) are part of a heart-healthy regime. Most are low in calories, fat, cholesterol and sodium (3).

Summing up, utilization of fruit and vegetables has been suggested as a key constituent of a healthy diet for the inhibition of CVD (13). Meanwhile understanding the relative between fruit and vegetable utilization and death is important for guiding consumer selections and prioritising dietetic guidelines to decrease risk (14).

Discussion

Dietary patterns represent the overall mixture of foods habitually utilized, which together give synergistic health influences. As illustrated in Table 1, dietary healthy is efficient on decrease CVD and other disease.

Conclusion

The evidence from this study suggests that, diet healthy can decrease CVD.

Authors' contribution

FR was the single author of the paper.

Conflicts of interest

The author declared no competing interests.

Ethical considerations

Ethical issues (including plagiarism, data fabrication, double publication) have been completely observed by the author.

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Table 1. Diet summary points

Diet	Results
Mediterranean	Secondary inhibition
	Inhibition of sudden cardiac mortality
	Long-standing sustainability
LC	Immediate weight loss
	Longstanding effects on CVD unknown
	Guide to commence reduced energy intake
VLF	Possible reduction in cardiac happenings
	Worries about worldwide applicability and sustainability
	low in calories, fat, cholesterol, and sodium
FAV	decrease the incidence CVD
	decrease the incidence cancer

Abbreviations: LC, low carbohydrate; VLF, Very low fat; FAV, fruits and vegetables; CVD, Cardiovascular disease.

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