

- Food / Heart diseases / Health

## More plant foods lowers heart disease risk: Study

---

Fiji Sun · 9 Aug 2021 · 16 · Feedback: [jyotip@fijisun.com.fj](mailto:jyotip@fijisun.com.fj)

---

Washington: According to two new research studies, eating more nutritious, plant-based foods is heart-healthy at any age.

The findings of the studies were published in the 'Journal of the American Heart Association', an open-access journal of the American Heart Association.

In the two separate studies analysing different measures of healthy plant food consumption, researchers found that both young adults and postmenopausal women had fewer heart attacks and were less likely to develop the cardiovascular disease when they ate more healthy plant foods.

He said such technology could be developed in time.

The American Heart Association Diet and Lifestyle Recommendations suggest an overall healthy dietary pattern that emphasises a variety of fruits and vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes and non-tropical vegetable oils.

It also advises limited consumption of saturated fat, trans fat, sodium, red meat, sweets and sugary drinks. One study, titled "A PlantCentered Diet and Risk of Incident Cardiovascular Disease during Young to Middle Adulthood," evaluated whether long-term consumption of a plant-centred diet and a shift toward a plant-centred diet starting in young adulthood are associated with a lower risk of cardiovascular disease in midlife..

ANI

Scan QR Code to read more