- Vegetarianism

Healthy plant-based diets 'cut risk of sleep apnoea'

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Half of those in the study were male, 33 percent did not take enough exercise and 21 percent were smokers.
Analysis showed that just over half of people in the study had an intermediate to severe risk of sleep apnoea, while 25 percent were classified as high risk.
Food groups were categorized as healthy plant foods (whole grains, fruits, vegetables, nuts, legumes, tea and coffee), less-healthy plant foods (refined grains, potatoes, sugar-sweetened drinks, sweets and desserts, salty foods), and animal foods (animal fat, dairy, eggs, fish or seafood, meat and other animal foods).
The research found that those people consuming the most plant-based foods were 19 per- cent less like- ly to be suf- fering with apnoea than those eating the least.

Meals rich in vegetables, fruits, whole grains and nuts lead to less risk of the debilitating condition, a study found.
In contrast, people eating an unhealthy diet of refined carbohydrates, sugary drinks and high-sugar and high-salt foods had a higher risk.
Sleep apnoea occurs when breathing stops and starts during sleep. It needs to be treated owing to a link with other problems such as type 2 diabetes, strokes and heart attacks.
Symptoms of sleep apnoea include long gaps between breaths, gasping, snorting or choking noises, waking up a lot and loud snoring.
Sleep apnoea can sometimes be treated by losing weight, giving up smoking and cutting down on alcohol, though some people need to use a device called a CPAP machine to keep breathing airways open.
New research published in ERJ Open Research has identified a link between the condition and what people eat.
It included data from 14,210 people taking part in the U.S. National Health and Nutrition Examination Survey, who gave 24-hour information on what they ate.
People also answered a questionnaire designed to gauge whether they were likely to be suffering from sleep apnoea.
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