



## Behavioral Counseling to Promote a Healthy Lifestyle for Cardiovascular Disease Prevention in Persons with Cardiovascular Risk Factors: An Updated Systematic Evidence Review for the U.S. Preventive Services Task Force: Evidence Synthesis Number 113

By Agency for Healthcare Research and Quality, U.S. Department of Health and Human Services

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A healthy diet promotes health and reduces an individual's risk for chronic disease through nutritious eating patterns. For the purposes of this review, we will include any dietary counseling interventions that promote a balanced diet (e.g., appropriate energy content); balance of fats (e.g., consumption of mono and poly unsaturated fats, omega-3 fats, avoidance of excess saturated fat, avoidance of trans fat); increased consumption of fruits and vegetables; increased consumption of legumes; increased consumption of lean proteins; increased consumption of nonfat or low-fat dairy; balance of carbohydrates (e.g., consumption of whole grain and fiber; avoidance of excess refined carbohydrates, including excess sweetened beverages); and avoidance of excess sodium. This guidance is generally consistent with dietary recommendations of a number of groups, including the Institute of Medicine, the World Health Organization, the U.S. Department of Health and Human Services (DHHS), the U.S. Department of Agriculture, the Academy of Nutrition and Dietetics (previously

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