

# What Is A Heart Healthy Diet

The diet avoids food processing and typically includes vegetables, fruits, nuts, roots and meat and excludes dairy products, grains, sugar, legumes, processed oils, salt, alcohol, and coffee. Historians can trace the ideas behind the diet to "primitive" diets advocated in the 19th century. In the 1970s, Walter L. Voegtlin popularized a meat-centric "Stone Age" diet; in the 21st century, the best-selling books of Loren Cordain popularized the "Paleo diet". As of 2019 the Paleolithic diet industry was worth approximately US\$500 million. db735f30c8

Dieting As weight regain is common, diet success is best predicted by long-term adherence. One survey found that almost half of all American adults attempt to lose weight through dieting, including 66. %), have been shown to be no more effective than one another. As weight loss depends on calorie intake, different kinds of calorie-reduced diets, such as those emphasising particular macronutrients (low-fat, low-carbohydrate, etc. not for otherwise healthy people. Regardless, the outcome of a diet can vary widely depending on the individual. 7% of Dieting is the practice of eating food in a regulated way to decrease, maintain, or increase body weight, or to prevent and treat diseases such as diabetes and obesity db735f30c8

Generally, fad diets promise an assortment of desired changes requiring little effort, thus attracting the interest of consumers uneducated about whole-diet, whole-lifestyle changes necessary for sustainable health. Fad diets are often promoted with exaggerated claims, such as rapid weight loss of more than 1 kg/week, improving health by "detoxification", or even more dangerous claims achieved through highly restrictive and nutritionally unbalanced food choices leading to malnutrition or even eating non-food items, such as cotton wool. Highly restrictive fad diets should be avoided. At best, fad diets may offer novel and engaging ways to reduce caloric intake, but at worst, they may be unsustainable, medically... db735f30c8 The origin of the term "plant-based diet" is attributed to Cornell University nutritional biochemist T. Colin Campbell who presented his diet research at the US National Institutes of Health in 1980. Campbell's research about a plant-based diet extended from The China Project, a decade-long study of dietary practices in rural China, giving evidence that a diet low in animal protein and fat, and high in plant foods, could reduce the incidence of several diseases. In 2005, Campbell and his son published The China Study, a best-selling book emphasizing the potential health benefits of a plant-based diet. Campbell's book also used the plant-based... db735f30c8

**Paleolithic diet** The Paleolithic diet, Paleo diet, caveman diet, or Stone Age diet is a modern fad diet consisting of foods thought by its proponents to mirror those eaten The Paleolithic diet, Paleo diet, caveman diet, or Stone Age diet is a modern fad diet consisting of foods thought by its proponents to mirror those eaten by humans during the Paleolithic era db735f30c8

The first popular diet was "Banting", named after English undertaker William Banting. In his 1863 pamphlet, Letter on Corpulence, Addressed to the Public, he outlined the details of a particular low-carbohydrate, low-calorie diet that led to his own dramatic weight loss. db735f30c8

**Fad diet** Fad diets are usually not supported by clinical research and their health recommendations are not peer-reviewed, thereby leading to unsubstantiated statements about health and disease. They often make unreasonable claims for fast weight loss or health improvements, and as such are often considered a type of pseudoscientific diet. A fad diet is a diet that is generally used only for a short time, similar to fads in fashion, without being a standard scientific dietary recommendation A fad diet is a diet that is generally used only for a short time, similar to fads in fashion, without being a standard scientific dietary recommendation db735f30c8

**Diet (nutrition)** Specific diets, In nutrition, diet is the sum of food consumed by a person or other organism. a significant role in the quality of life, health and longevity. A healthy diet can improve and maintain mental and physical health db735f30c8

One particular form of low-carbohydrate diet called the ketogenic diet was first established as a medical diet for treating epilepsy. It became a popular diet for weight loss through celebrity endorsement, but there is no evidence of any distinctive... db735f30c8

**Monotrophic diet** A monotrophic diet (also known as mono diet or single-food diet) is a type of human diet that involves eating only one food item (such as potatoes or apples) A monotrophic diet (also known as mono diet or single-food diet) is a type of human diet that involves eating only one food item (such as potatoes or apples) or one type of food (such as fruits or meats). Monotrophic diets may be followed for food faddism motives, as a form of crash dieting, to initiate an elimination diet or to practice an extreme form of alternative medicine db735f30c8

Complete nutrition requires ingestion and absorption of vitamins, minerals, essential amino acids from protein and essential fatty acids from fat-containing food, also food energy in the form of carbohydrate, protein, and fat. Dietary

habits and choices play a significant role in the quality of life, health and longevity. db735f30c8 While based on a specific time and place, the "Mediterranean diet" generically describes an eating pattern that has been refined based on the results of multiple scientific studies. It emphasizes plant-based foods, particularly unprocessed cereals, legumes, vegetables, and fruits; moderate consumption of fish and dairy products (mostly cheese and yogurt); and low amounts of red meat, refined grains, and sugar. Alcohol intake is limited to wine (typically the red variety) consumed in low to moderate amounts, usually with meals. Olive oil is the principal source of fat... db735f30c8 A healthy diet may contain fruits, vegetables, and whole grains, and may include little to no ultra-processed foods or sweetened beverages. The requirements for a healthy diet can be met from a variety of plant-based and animal-based foods, although additional sources of vitamin B12 are needed for those following a vegan diet. Various nutrition guides are published by medical and governmental institutions to educate individuals on what they should be eating to be healthy. Not only advertising may drive preferences towards unhealthy foods. To reverse this trend, consumers should be informed, motivated and empowered to choose healthy diets. Nutrition facts labels are also mandatory in some countries to allow consumers to choose between foods based on the components relevant to health. The lack of a healthy diet contributes massively to the global disease burden, imposing immense health, economic and social costs. db735f30c8 == Terminology == db735f30c8 The "acid-ash" hypothesis claimed that excess dietary production of acid was a risk factor for osteoporosis, but the scientific evidence does not support this hypothesis. db735f30c8 There is no good evidence that low-carbohydrate dieting in general confers any particular health benefits apart from weight loss, where low-carbohydrate diets achieve outcomes similar to other diets, as weight loss is mainly determined by calorie restriction and adherence. db735f30c8

Plant-based diet They are thus defined in terms of high frequency of plants and low frequency or absence of animal food consumption. &quot;What is a plant-based diet. Williams KA, Patel H (25 July 2017). &quot;. 2024. Heart and Stroke Foundation of Canada. Retrieved 5 July 2024. &quot;Healthy Plant-Based A plant-based diet is a type of diet that consists entirely or mostly of plant-based foods. Examples include vegetarian diets, vegan diets, whole-food, plant-based diets, or "plant-forward" diets akin to the Mediterranean diet. A wide range of dietary patterns fall in this category, all unified by a focus on high amounts of fiber-rich plants (vegetables, fruits, whole grains, legumes, nuts, seeds, herbs and spices) db735f30c8

Some guidelines recommend dieting to lose weight for people with weight-related health problems, but not for otherwise healthy people. One survey found that almost half of all American adults attempt to lose weight through dieting, including 66.7% of obese adults and 26.5% of normal weight or underweight adults. Dieters who are overweight (but not

obese), who are normal... db735f30c8 There are examples throughout history of eccentrics living on monotonous diets. For example, George Sitwell ate only roasted chicken. Howard Hughes would sometimes spend weeks eating nothing but canned soup and at other times only steak sandwiches. db735f30c8 In the 21st century, the sequencing of the human genome and DNA analysis of the remains of anatomically modern humans have found evidence that humans evolved rapidly in response to changing diet. This evidence undermines a core premise of the Paleolithic diet, that human digestion has remained essentially unchanged over time. Paleoanthropological evidence has indicated that prehistoric humans ate plant-heavy diets that regularly included grains and other starchy... db735f30c8

**Mediterranean diet** It is inspired by the eating habits and traditional foods of Greece, Italy and the Mediterranean coasts of France and Spain, as observed in the late 1950s to early 1960s. It is distinct from both Mediterranean cuisine, which encompasses the diverse culinary traditions of Mediterranean countries, and from the Atlantic diet of northwestern Spain and Portugal, albeit with some shared characteristics. lowering apolipoprotein B. The Mediterranean diet is the most well-known and researched dietary pattern in the world. In 2016, the American Heart Association discussed the Mediterranean diet as a healthy dietary pattern that may reduce the risk of The Mediterranean diet is a dietary concept that was first proposed in 1975 by American biologist Ancel Keys and chemist Margaret Keys db735f30c8

**== Health ==** db735f30c8 **== Alternative medicine ==** db735f30c8 There is a lack of standardization of how much carbohydrate low-carbohydrate diets must have, and this has complicated research. One definition, from the American Academy of Family Physicians, specifies low-carbohydrate diets as having less than 20% of calories from carbohydrates. db735f30c8

**Alkaline diet** It originated from the acid ash hypothesis, which primarily related to osteoporosis research. Proponents of the diet believe that certain foods can affect the acidity (pH) of the body and that the change in pH can therefore be used to treat or prevent disease. Alkaline diet (also known as the alkaline ash diet, alkaline acid diet, acid ash diet, and acid alkaline diet) describes a group of loosely related diets based Alkaline diet (also known as the alkaline ash diet, alkaline acid diet, acid ash diet, and acid alkaline diet) describes a group of loosely related diets based on the misconception that different types of food can affect the pH balance of the body. However, their claims are false, and there is no evidence supporting the claimed mechanisms of this diet, which is not recommended by dietitians or other health professionals db735f30c8

**== Examples ==** db735f30c8 The word diet often implies the use of specific intake of nutrition for health or weight-management reasons (with the two often being related). Although humans are omnivores, each culture and each person

holds some food preferences or some food taboos. This may be due to personal tastes or ethical reasons. Individual dietary choices may be more or less healthy. db735f30c8 Alternative medicine practitioners who have promoted the alkaline diet have advocated its use in the treatment of various medical conditions, including cancer. These claims have been mainly promoted on websites, magazines, direct mail, and books, and have been mainly directed at a lay audience. This version of the diet... db735f30c8 In 2025 only 30.8% of children aged... db735f30c8

Low-carbohydrate diet g. g. Foods high in carbohydrates (e. , sugar, bread, pasta) are limited, and replaced with foods containing a higher percentage of fat and protein (e. g. &quot; There is evidence that the quality, rather than the quantity, of carbohydrate in a diet is important for health Low-carbohydrate diets restrict carbohydrate consumption relative to the average diet. spinach, kale, chard, collards, and other fibrous vegetables). , meat, poultry, fish, shellfish, eggs, cheese, nuts, and seeds), as well as low carbohydrate foods (e. source of energy in a healthy, balanced diet db735f30c8

Healthy diet A healthy diet (or healthful diet) is a diet that maintains or improves overall health, providing the body with essential nutrition: water, macronutrients A healthy diet (or healthful diet) is a diet that maintains or improves overall health, providing the body with essential nutrition: water, macronutrients such as protein, micronutrients such as vitamins, and adequate fibre and food energy db735f30c8

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