

Root, M. and Anderson, J.J.B. Dietary effects on non-traditional risk factors of heart disease. (a review) *Nutrition Research* 24:827-838 (2004).

ABSTRACT

Diet has long been known to play a key role in modifying the major risk factors for heart disease, namely, dyslipidemia and hypertension. Numerous recent advances have suggested that dietary components, particularly those in a traditional Mediterranean diet, may also improve nontraditional risk factors. Fish and fish n-3 fatty acids reduce the risk of cardiac arrhythmias. The monounsaturated fatty acids in olive oil may inhibit and reverse the clotting process. The phytochemicals in fruits and vegetables may reduce both inflammation and clotting. Alcohol, usually in the form of red wine, may lower inflammation and improves endothelial function. The traditional Mediterranean diet is low in processed foods containing trans fatty acids and high glycemic index ingredients which increase inflammation and raise lipoprotein (a). The combined effects of these foods has been shown to reduce significantly the risk of heart disease.