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**Diet, Life-Style and
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Article (PDF Available)
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Oxford University Press
(1990). ISBN
0-8014-2453-4 ...

**[Book] Diet, Life-
Style, and Mortality
in China: A Study ...**

The researchers wove
in diet, disease, age,
gender, and year to
comment on the
mortality, as well as
disability-adjusted life-
years (DALYs). The

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results showed that global intake of what the researchers called “healthy foods” was less than ideal; the lowest intakes were for whole grains, nuts, and milk.

**Diet and Global
Mortality |
2019-05-20 | Relias
Media ...**

The Contribution of
Diet and Lifestyle to
Socioeconomic
Inequalities in

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Cardiovascular

Morbidity and Mortality
Int J Cardiol. 2013 Oct
15;168(6):5190-5. doi:
10.1016/j.ijcard.2013.0
7.188. Epub 2013 Jul
29. Authors Caroline
Méjean 1 ...

Shan Shi Sheng
Huo Fang Shi He
Si Wang
**The Contribution of
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Socioeconomic ...**

Results: Standardized
mortality ratios for all-
cause mortality was
significantly below 100:
59 [95% confidence

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interval (95% CI),
54-64], predominantly
due to a deficit of
deaths from circulatory
diseases. Within the
cohort, vegetarian
compared with
nonvegetarian diet had
no effect on overall
mortality [rate ratio
(RR), 1.10; 95% CI,
0.89-1.36], whereas
moderate and high
physical activity
significantly reduced
risk of death (RR, 0.62,
0.64), adjusted for age,

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intake ...

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Determinants and
Mortality in German
Counties
Vegetarians ...

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Characteristicsof 65
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Epidemiology |
Oxford ...

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“Low intake of healthy foods and high intake of unhealthy foods is the leading cause of mortality, globally and in many countries.”

Eating too much sodium — which is linked to high blood pressure...

Poor Diets Are Linked to 20% of Deaths Worldwide, Study ...

Low-risk lifestyle factors exert a

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powerful and beneficial effect on mortality.

Lifestyle behaviors lie at the root of many chronic

diseases.¹⁻³ Smoking, unhealthy diets, and sedentary behavior predispose numerous people to diseases that rank among the leading causes of death such as heart disease, cancer, stroke, and diabetes.

Low-Risk Lifestyle

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**Behaviors and All-
Cause Mortality ...**

A healthful diet and lifestyle are related to a low all-cause mortality risk. A Mediterranean style diet, a high level of physical activity, non-smoking and moderate alcohol consumption were all associated with a low 10-year risk of all-cause mortality in the European HALE project. A very low all-cause mortality risk

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65 Chinese
Counties

was observed in elderly men who had four healthful diet and lifestyle factors compared to one or none.

Four lifestyle factors and all-cause mortality - Seven ...

Low carbohydrate dietary patterns favouring animal-derived protein and fat sources, from sources such as lamb, beef, pork, and chicken,

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were associated with higher mortality, whereas those that favoured plant-derived protein and fat intake, from sources such as vegetables, nuts, peanut butter, and whole-grain breads, were associated with lower mortality, suggesting that the source of food notably modifies the association between carbohydrate intake and mortality.

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Dietary carbohydrate intake and mortality: a prospective ...

This study provides a comprehensive picture of the potential impact of suboptimal diet on NCD mortality and morbidity, highlighting the need for improving diet across nations.

Our findings will inform implementation of evidence-based dietary interventions and

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provide a platform for
evaluation of their
impact on human
health annually.

Health effects of dietary risks in 195 countries, 1990 ...

These findings point to
clear changes to the
way people eat, the
researchers say: opt
for more plants and
less meat. "Adopting a
healthful diet and
lifestyle is a powerful
tool which may delay

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the...

A Study Of The

**One diet can cut the
risk of death by over
10% — study**

Research has shown
that the foods you eat
influence your health.

Eating certain foods,
such as fruits and nuts,
has been associated
with reduced death
rates, while other
foods, such as red
meat and processed
meat, have been linked
to increased mortality.

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Vegetarian Diets Linked to Lower Mortality | National

... Chinese
Countries
Zhongguo De
Shou Shi De
Huo Fang Shi He
Si Wang
Data are now being compiled for China Study II, a survey conducted 1989-1990, of diet and lifestyle in 170 villages in both mainland China and Taiwan, combined with updated, more extensive disease mortality data (including 100 million

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people and >100
(disease rates) from
1986-1988. We
anticipate publication
in 1999.

Counties **Diet, lifestyle, and the etiology of coronary artery ...**

The
China-Cornell-Oxford
Project, short for the
"China-Oxford-Cornell
Study on Dietary,
Lifestyle and Disease
Mortality

Characteristics in 65

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Counties," was a large observational study conducted throughout the 1980s in rural China, jointly funded by Cornell University, the University of Oxford, and the government of China. The study compared the health consequences of diets

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