

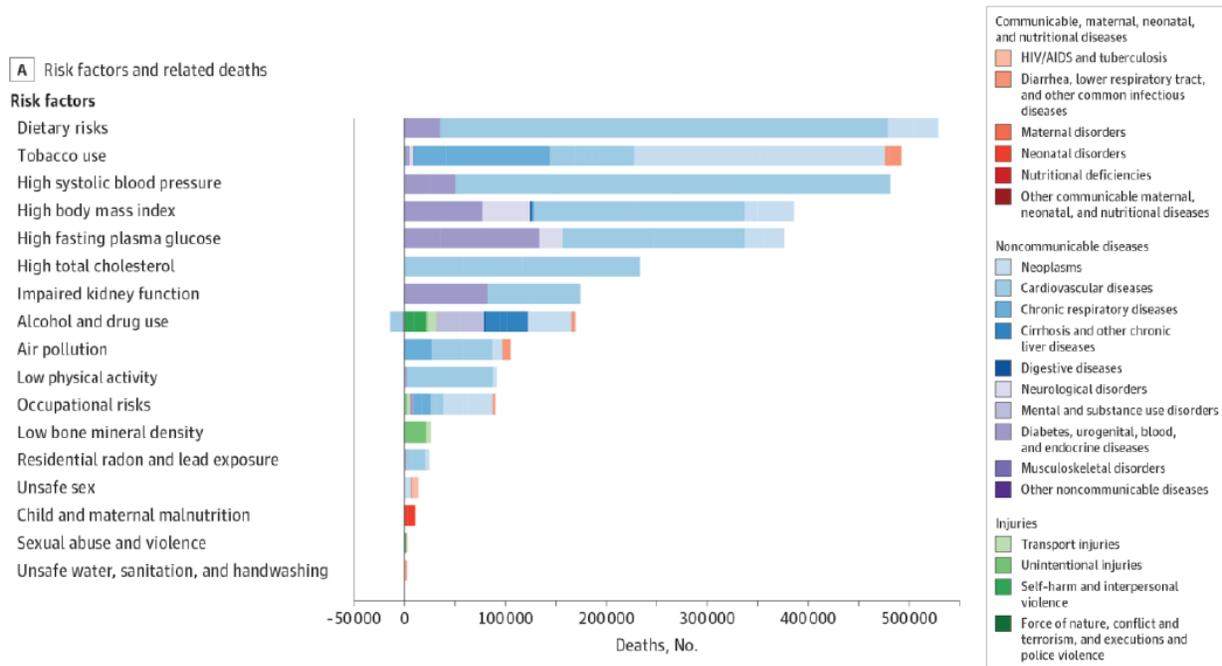
Clinical Champion Update

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Subject: Hyperlipidemia and Lifestyle

Poor Diet Is the Leading Risk Factor for Death

The 2017 Global Burden of Disease Study indicated that an unhealthy diet is the leading risk factor for death in the United States and worldwide. Researchers from the University of Washington researchers analyzed data on 333 diseases in every state from 1990 to 2016. They implicated suboptimal diet in nearly 530,000 U.S. deaths in 2016 from heart disease (including stroke), diabetes, cancer, and other chronic diseases. Hypertension and obesity – also diet related – and tobacco use were the next major risks for early death.



<https://jamanetwork.com/journals/jama/article-abstract/2678018>

In 2017, between 10 and 12 million deaths worldwide were attributable to dietary risk factors. High intake of sodium (>3g/day), low intake of whole grains (<125g/day), and low intake of fruits (<250g/day) were the leading dietary risk factors for deaths globally and in many individual countries.

[https://doi.org/10.1016/S0140-6736\(19\)30041-8](https://doi.org/10.1016/S0140-6736(19)30041-8)

Dietary guidelines in the United States are published every five years by the USDA with considerable input from lobbyists for the dairy, meat, and processed food industries. Industry involvement tends to water down data-driven recommendations, and as a result, most Americans don't know what they should be consuming to stay healthy or prevent chronic disease. How should we and our patients be eating?

One example of an eating pattern that is healthier than the standard American diet is the OmniHeart diet:

Food group(s)	Servings per day	Examples of servings
Vegetables & fruits	11	½ c. cooked or raw vegetables, 1 c. salad greens, 1 piece fruit, ½ c. fresh fruit, ¼ c. dried fruit
Whole grains	4	1 slice bread, ½ c. rolled oats or other grain cereal / pasta / rice
Low-fat dairy*	2	1 c. milk or yogurt, 1 ½ oz. cheese
Legumes and nuts	2	¼ c. nuts, ½ c. cooked beans, 4 oz. tofu
Poultry / fish / meat*	1	4 oz. cooked
Oils / fats	2	1 tbsp. olive / canola / safflower oil, 1 tbsp. margarine or mayo
Desserts / sweets	2	1 small cookie, 1 tsp. sugar
"Wild card"	1	additional serving of whole grain OR oils/ fats OR desserts / sweets OR poultry / fish / meat

* It is widely acknowledged that dairy and animal protein are not necessary for a healthy diet; plant-based milks and proteins may certainly be substituted.

<https://www.cspinet.org/eating-healthy/what-eat/days-worth-food>

Another recent recommendation is to limit intake of red and processed meats because of their association with colorectal cancer; consuming 50 grams (1.75 oz.) of processed meat (such as a single standard hot dog) daily increases the risk of colorectal cancer by approximately 18%. The International Agency for Research on Cancer (IARC) of the World Health Organization classifies processed meat as a Group 1 carcinogen (carcinogenic to humans; the same group includes tobacco and asbestos). Data from the same studies suggest that eating 100 grams (3.5 oz.) of red meat (Group 2A, probably carcinogenic to humans) daily increases the risk of colorectal cancer by about 17%; consumption of red meat is also associated with pancreatic and prostate cancers. The IARC working group evaluated more than 800 epidemiological studies of large cohorts in many countries from several continents.

<https://www.who.int/news/item/29-10-2015-links-between-processed-meat-and-colorectal-cancer>

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