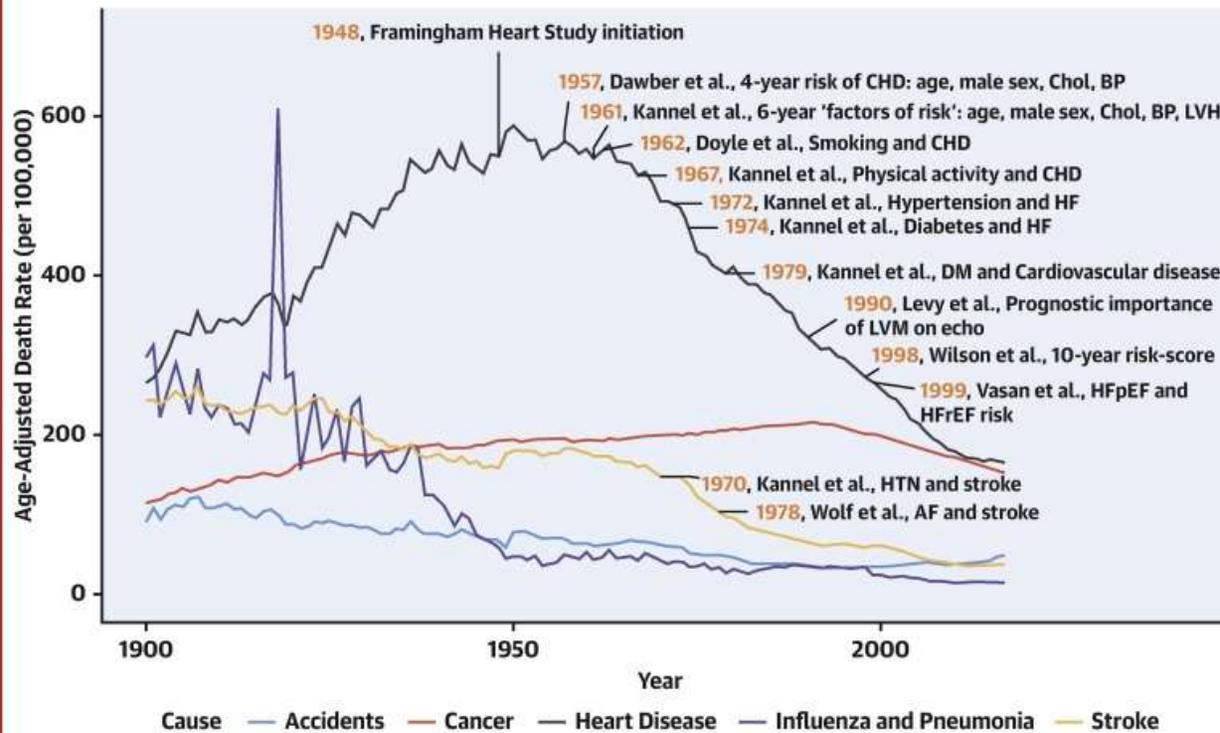




CENTRAL ILLUSTRATION: Age-Adjusted Death Rates for the Leading Causes of Death in the United States and the Framingham Heart Study



Andersson, C. et al. J Am Coll Cardiol. 2021;77(21):2680-92.

Longitudinal Studies



The Seven Countries Study effectively documented the variations in CHD risk related to diet and culture and demonstrated that the major risk factors are universal.

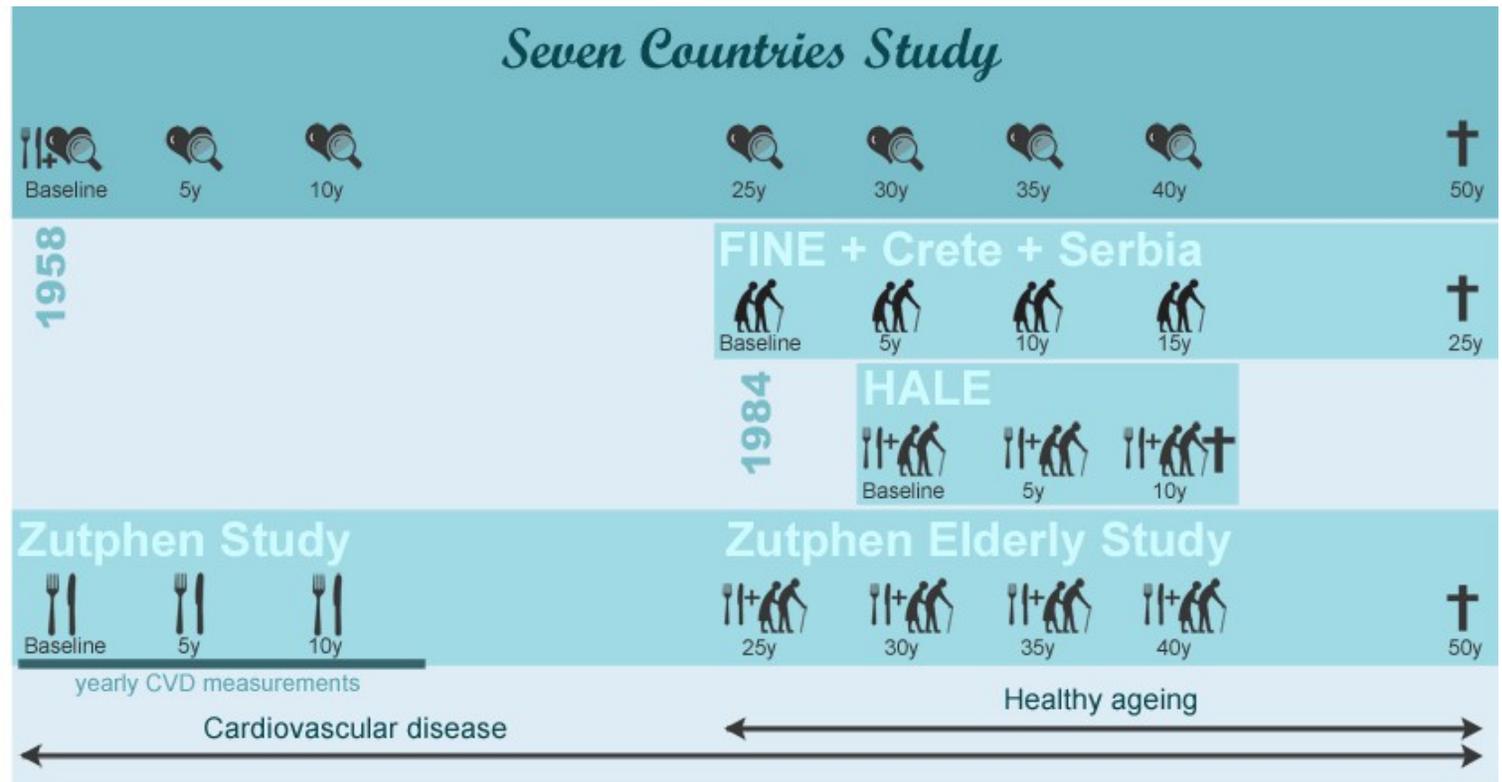


Timeline legend

- CVD examinations
- Dietary survey
- Healthy ageing determinants
- Mortality follow-up
Mortality data was available for 13 of the 16 cohorts. For Dalmatia, Slavonia and Rome Railroad only 25-year follow-up was available

FINE
Finland, Italy, Netherlands Elderly study

HALE
Healthy Ageing Longitudinal study in Europe (FINE+SENECA) project

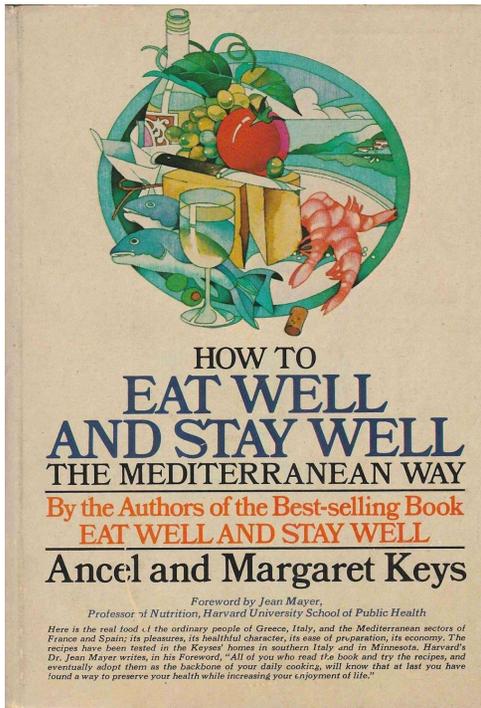


<https://www.sevencountriesstudy.com/>

Longitudinal Studies



The Seven Countries Study effectively documented the variations in CHD risk related to diet and culture and demonstrated that the major risk factors are universal.



Meals are built around fresh plant foods

- Vegetables, fruits, legumes, and whole grains form the foundation of daily eating.

Extra-virgin Olive Oil as the main source of added fat

- Saturated fats (like butter or lard) are minimised.

Moderate Use of Animal Products

- More fish and seafood.
- Poultry and eggs in moderation.
- Red meat is eaten sparingly.
- Dairy is mostly fermented such as cheese and yoghurt, not milk or cream.

Simple, Traditional Cooking

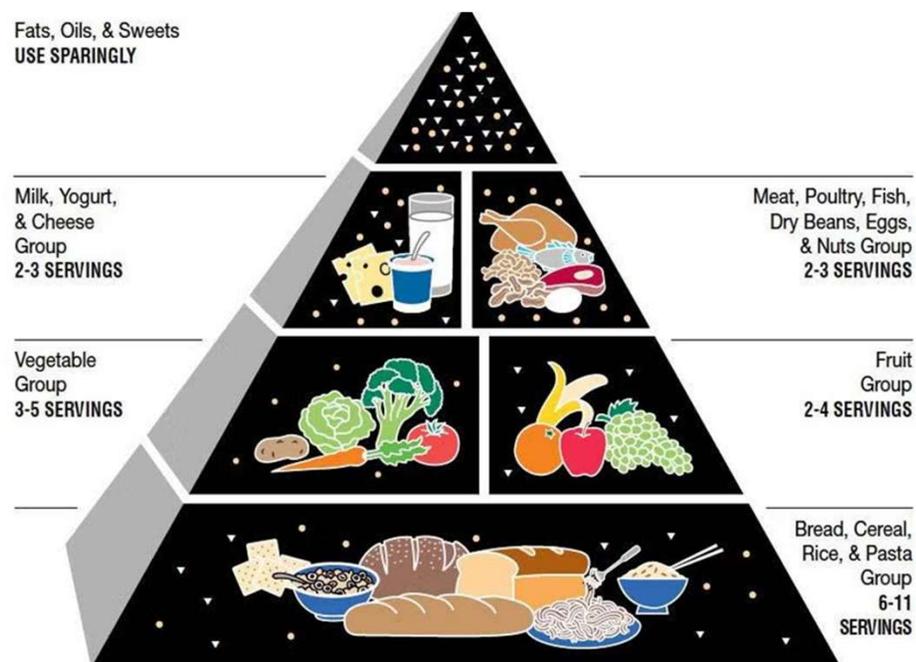
- Meals rely on fresh ingredients, herbs, and spices rather than heavy sauces.
- Cooking methods are straightforward: grilling, boiling, stewing, and baking.

Wine in Moderation

- Typically enjoyed with meals, not as a standalone drink.
- Always in small, social quantities.

Longitudinal Studies

First FOOD pyramid 1992 *The Low-Fat, Low-sugar Era*



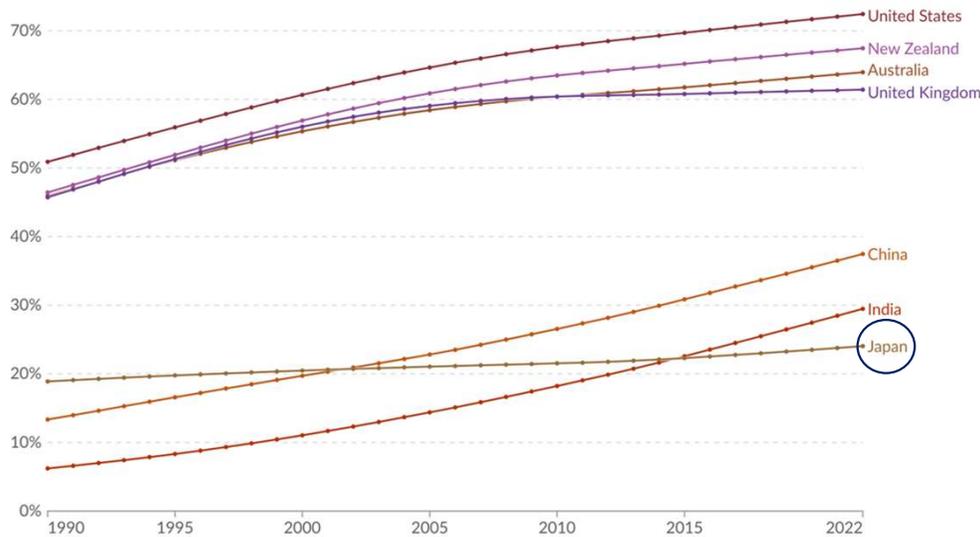
Saturated Fat and Heart Disease

Designer foods

- Carbs
- Protein
- Fibre
- Modified fat – Olestra
- Modified sugar – Artificial Sweeteners
- Food fortifications – Vitamins and minerals
- Food additives

Share of adults who are overweight or obese

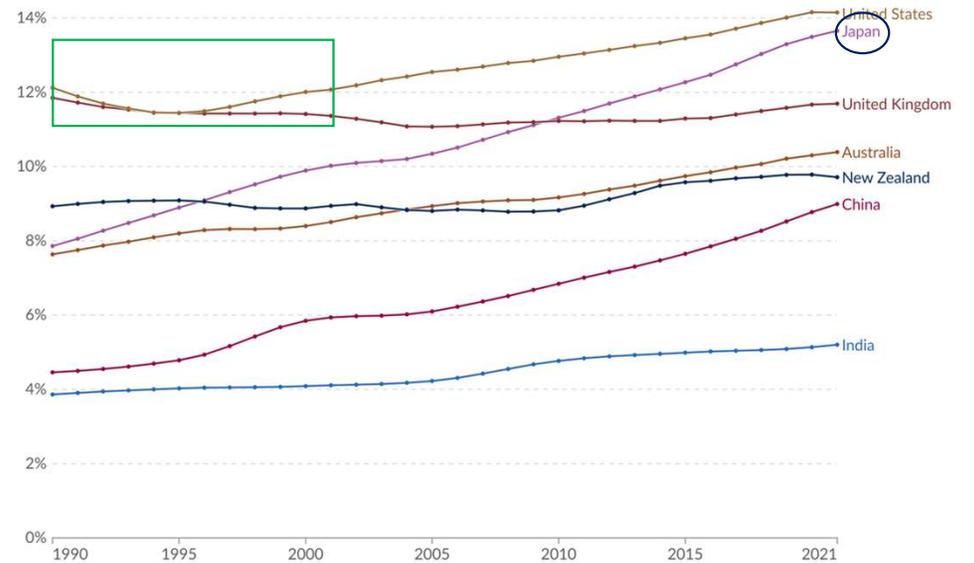
"Overweight" is defined here as a body mass index (BMI) above 25. BMI is a person's weight in kilograms divided by the square of their height in meters (kg/m²).



Our World in Data

Share of the population with cardiovascular disease, 1990 to 2021

Estimated prevalence¹ of cardiovascular diseases², as a share of the population.



Our World in Data

The Protein Era – *it is not the Fat, it is the carbs that are making us sick*

- **Weight and Aesthetics:** Aitkin's diet, Paleo diet, Keto diet, Intermittent fasting.
- **Sustainability:** Vegan, Vegetarian, Flexitarian, Plant-based diet.
- **Longevity and Health:** Muscle mass, Anti-inflammatory, Carnivore diet, Whole food, Ultra-processed food
- **Techology:** Smartphone, Social media and Influencer.
- **Food industries:** Protein is everywhere, Protein powder, Protein sweeteners (thaumatin, brazzein, monellin).



Michel Poulain, [Dan Buettner](#), Giovanni Mario Pes
Co-founders of Blue Zones.



BLUEZONE LIFE LESSONS

- MOVE NATURALLY
- RIGHT TRIBE
- RIGHT OUTLOOK
- EAT WISELY



Predominantly plant-based
Limited meat consumption
<https://www.bluezones.com/blue-zones-institute/>

Longitudinal Studies



<https://www.nature.com/immersive/human-microbiome/index.html#group-section-Features-Dro9NQUnY>



Dr. Dean Ornish (1953 –
American Physician and Researcher
Founder of Preventive Medicine Research Institute (1984)
Founding Father of the Modern Lifestyle Medicine ✨ Claude

Longitudinal Studies



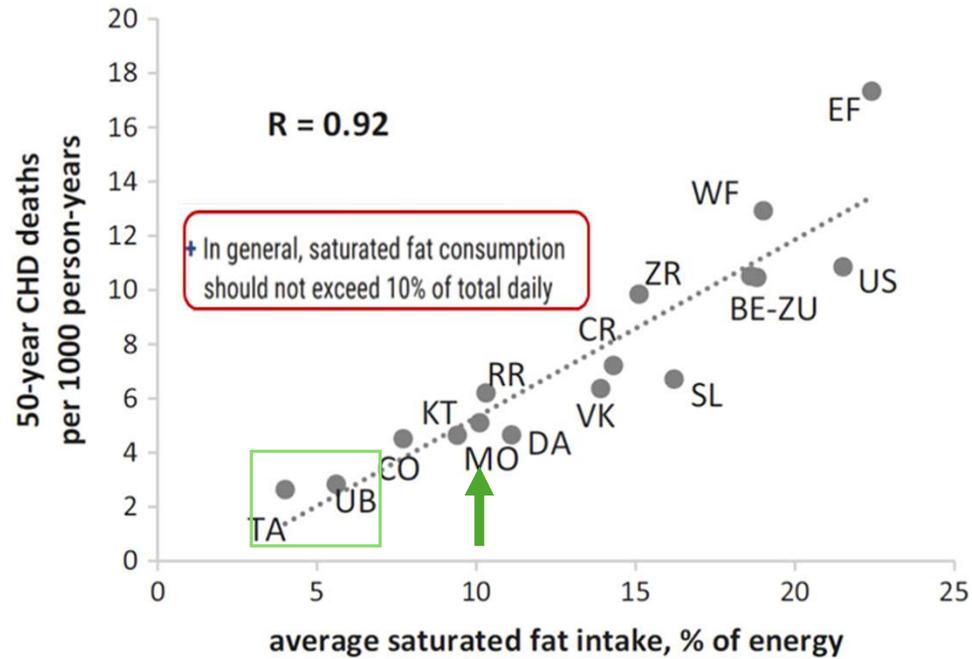
The Seven Countries Study effectively documented the variations in CHD risk related to diet and culture and demonstrated that the major risk factors are universal.



Comparative Study > Eur J Clin Nutr. 2018 Aug;72(8):1103-1110.
doi: 10.1038/s41430-018-0183-1. Epub 2018 May 17.

Comparative ecologic relationships of saturated fat, sucrose, food groups, and a Mediterranean food pattern score to 50-year coronary heart disease mortality rates among 16 cohorts of the Seven Countries Study

Daan Kromhout ^{1, 2, 3}, Alessandro Menotti ⁴, Adalberto Alberti-Fidanza ⁵, Paolo Emilio Puddu ⁶, Peter Hollman ², Anthony Kafatos ⁷, Hanna Tolonen ⁸, Hisashi Adachi ⁹, David R Jacobs Jr ³



Relationship of average population saturated fat intake at baseline and 50-year CHD death rates. BE Belgrade, Serbia, CO Corfu, Greece, CR Crevalcore, Italy, DA Dalmatia, Croatia, EF East Finland, KT Crete, Greece, MO Montegiorgio, Italy, RR Rome railroad, Italy, SL Slavonia, Croatia, TA Tanushimaru, Japan, UB Ushibuka, Japan, US US railroad, VK Velika Krsna, Serbia, WF West Finland, ZR Zrenjanin, Serbia, ZU Zutphen, the Netherlands

<https://www.sevencountriesstudy.com/average-saturated-fat-intake-and-50-year-coronary-heart-disease-mortality-rates-in-16-cohorts/>