



## Behavioral Counseling to Promote a Healthy Lifestyle for Cardiovascular Disease Prevention in Persons with Cardiovascular Risk Factors: An Updated Systematic Evidence Review for the U.S. Preventive Services Task Force: Evidence Synthesis Number 113

By Agency for Healthcare Research and Quality, U.S. Department of Health and Human Services

DOWNLOAD



Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A healthy diet promotes health and reduces an individual's risk for chronic disease through nutritious eating patterns. For the purposes of this review, we will include any dietary counseling interventions that promote a balanced diet (e.g., appropriate energy content); balance of fats (e.g., consumption of mono and poly unsaturated fats, omega-3 fats, avoidance of excess saturated fat, avoidance of trans fat); increased consumption of fruits and vegetables; increased consumption of legumes; increased consumption of lean proteins; increased consumption of nonfat or low-fat dairy; balance of carbohydrates (e.g., consumption of whole grain and fiber; avoidance of excess refined carbohydrates, including excess sweetened beverages); and avoidance of excess sodium. This guidance is generally consistent with dietary recommendations of a number of groups, including the Institute of Medicine, the World Health Organization, the U.S. Department of Health and Human Services (DHHS), the U.S. Department of Agriculture, the Academy of Nutrition and

### Reviews

*This ebook will be worth buying. It is among the most amazing pdf i have read through. Your way of life period will likely be enhance the instant you complete reading this ebook.*

-- **Vita Ebert**

*This type of book is every little thing and taught me to seeking in advance plus more. it absolutely was writtern quite completely and beneficial. Its been designed in an remarkably simple way in fact it is merely after i finished reading this book where basically changed me, modify the way i really believe.*

-- **Dr. Retta Medhurst I**

## See Also



### [Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online](#)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their online interactions, the good and the bad,...



### [A Parent s Guide to STEM](#)

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This lively, colorful guidebook provides everything you need to know to help your child get inspired, succeed...



### [Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success](#)

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How can inclusive early educators plan and deliver...



### [Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel s System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers](#)

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original...



### [From Kristallnacht to Israel: A Holocaust Survivor s Journey](#)

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In the 1930s, as evil begins to envelope Europe, Karl Rothstein is born in Austria. As his life...



### [Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook](#)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...