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Diet Analysis Plus 51 On

The role of very-low-carbohydrate ketogenic diets (VLCKD) in the long-term management of obesity is not well established. The present meta-analysis aimed to investigate whether individuals assigned to a VLCKD (i.e. a diet with no more than 50 g carbohydrates/d) achieve better long-term body weight and cardiovascular risk factor management when compared with individuals assigned to a ...

Very-low-carbohydrate ketogenic diet v. low-fat diet for ...

1. Introduction to Gut Microbiota and Disease. The intestinal microbiome has recently been implicated in a host of chronic diseases ranging from inflammatory bowel disease (IBD), type 2 diabetes (T2D), and cardiovascular disease (CVD) to colorectal cancer [1,2,3].The community of ~200 prevalent bacteria, virus, and fungi inhabiting the human gastrointestinal (GI) tract provide unique metabolic ...

Gut Microbiome: Profound Implications for Diet and Disease

A diet high in sodium was the leading dietary risk factor for deaths and DALYs in east Asia and high-income Asia Pacific regions . In southern sub-Saharan Africa, a diet low in fruits and in central Latin America a diet low in nuts and seeds were the dietary risk factors responsible for the greatest proportion of deaths and DALYs in 2017.

Health effects of dietary risks in 195 ... - The Lancet

One diet regimen that has proven to be very effective for rapid weight loss is a very-low-carbohydrate and high-fat ketogenic diet.[1][2][3] Despite continuous advances in the medical world, obesity continues to remain a major worldwide health hazard with adult mortality as high as 2.8 million per year.

Ketogenic Diet - StatPearls - NCBI Bookshelf

Low-carb diet basics. A low-carb diet provides about 50 to 130 grams of total carbs per day. 16 That's more than a keto or very-low-carb diet, but considerably less than the estimated 200 to 300 grams of carbs most people eat every day. 17 A low-carb diet includes all of the foods on a keto diet — meat, eggs, above-ground vegetables, fats, and berries — plus a few others that are ...

Top 10 Weight Loss Programs: An Evidence ... - Diet Doctor

A meta-analysis of 51 clinical trials did not demonstrate that vitamin D supplementation lowered the risk of heart attack, stroke, or deaths from cardiovascular disease. [47] The Vitamin D and Omega-3 Trial (VITAL) came to the same conclusion: it followed 25,871 men and women free of cardiovascular disease who took either a 2,000 IU vitamin D ...

Vitamin D | The Nutrition Source | Harvard T.H. Chan ...

Human nutrition deals with the provision of essential nutrients in food that are necessary to support human life and good health. Poor nutrition is a chronic problem often linked to poverty, food security, or a poor understanding of nutritional requirements. Malnutrition and its consequences are large contributors to deaths, physical deformities, and disabilities worldwide.

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