

## Processed food and cardiovascular health

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5<sup>TH</sup> EUROPEAN LIFESTYLE  
MEDICINE CONGRESS



*Life is about water and medicine*

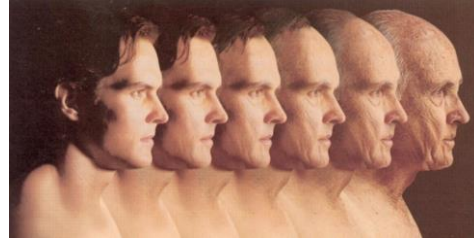
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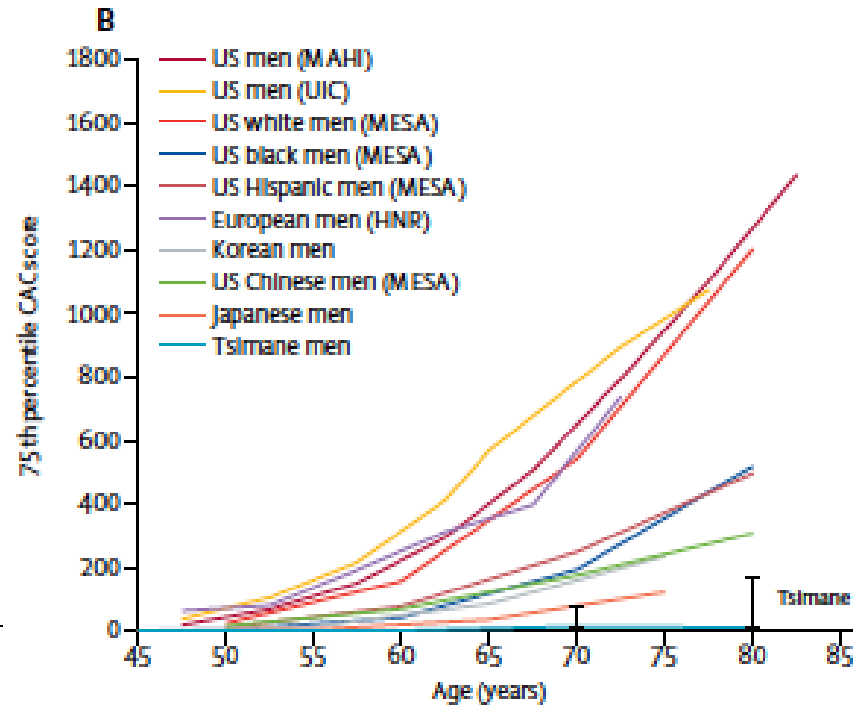
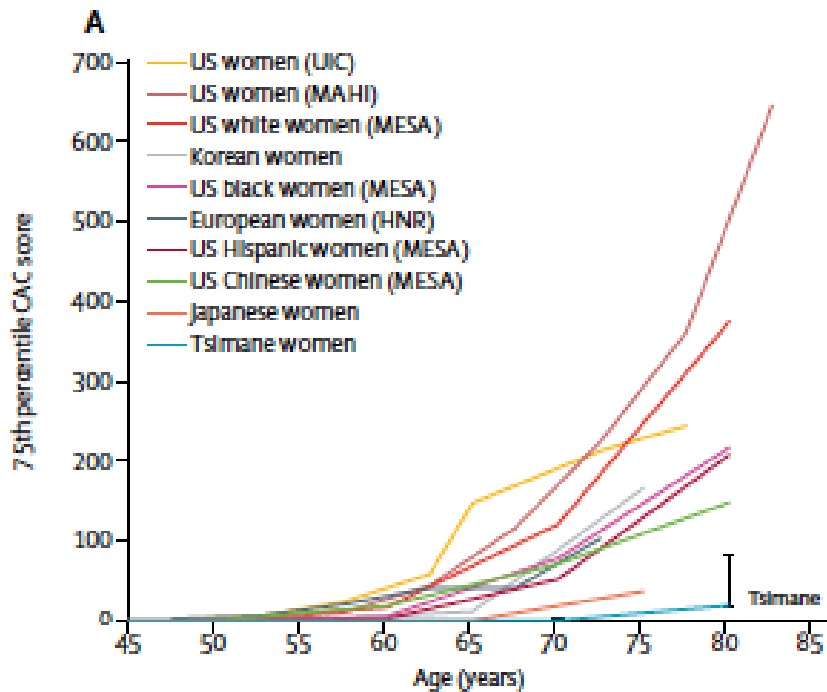
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EUROPEAN LIFESTYLE  
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# ETIOLOGY OF CARDIOVASCULAR DISEASE

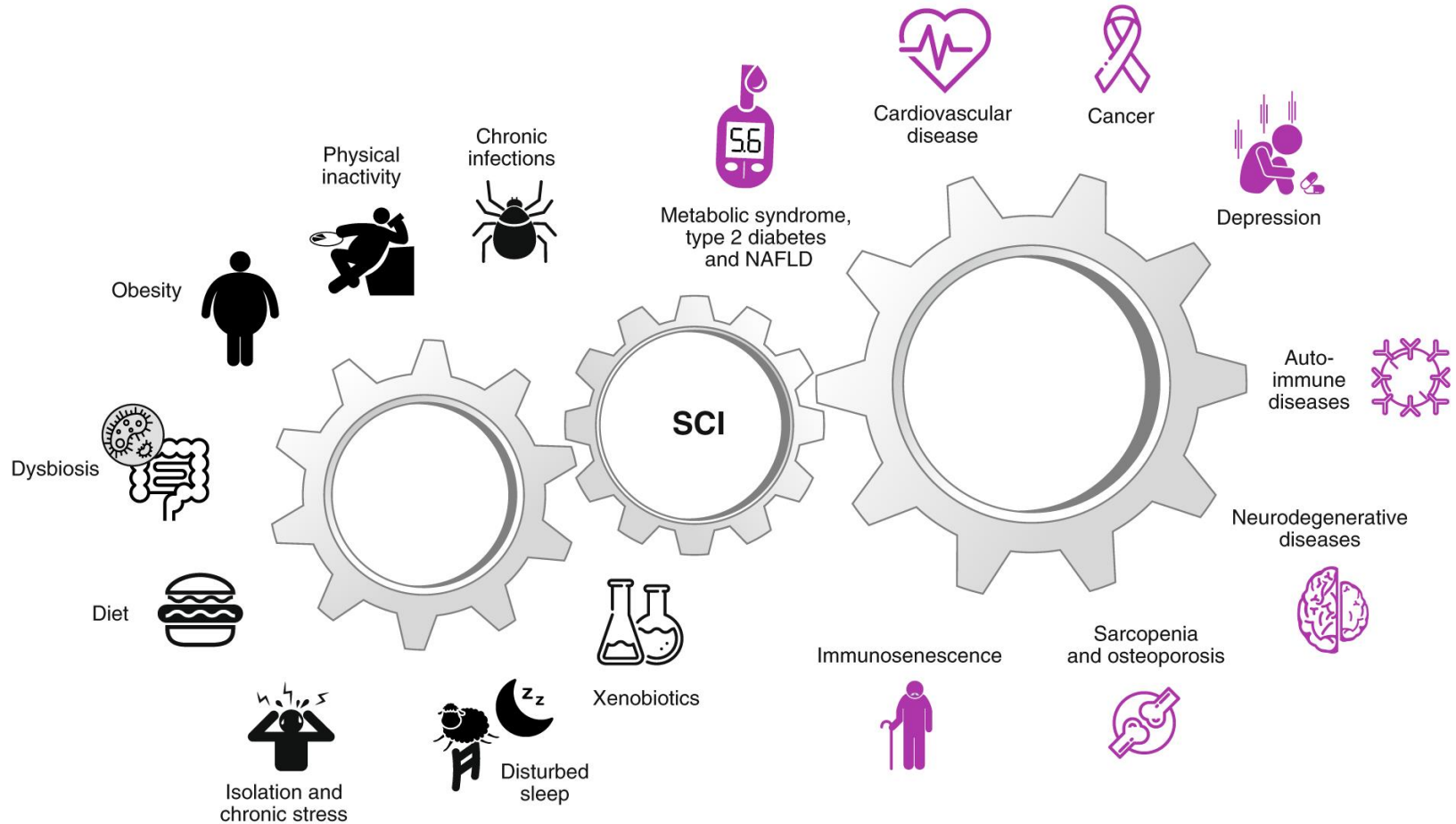






# ETIOLOGY OF CARDIOVASCULAR DISEASE







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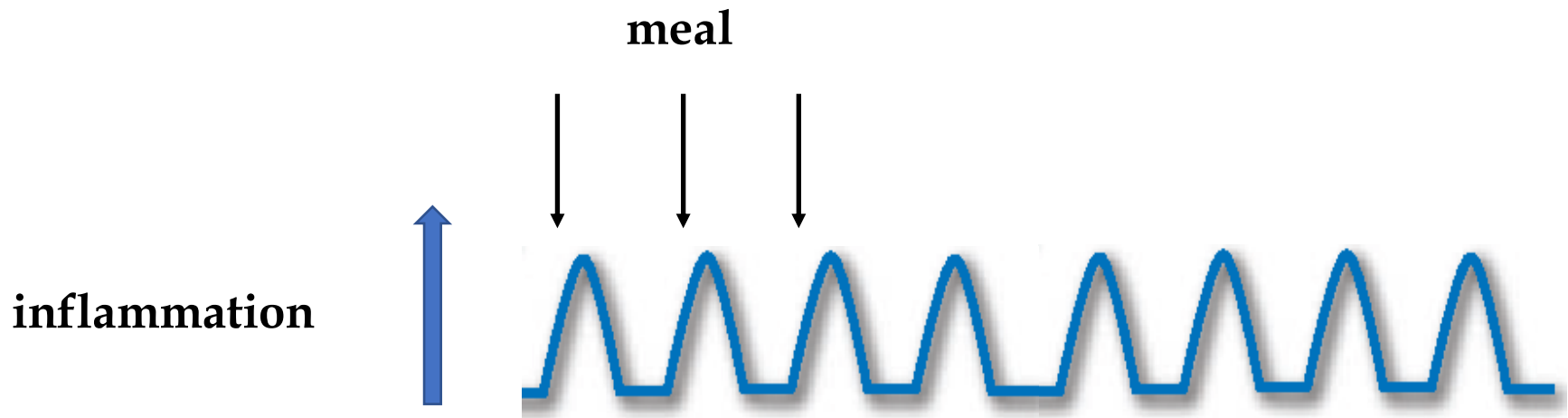
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## NUTRITION AND INFLAMMATION





## PROCESSED FOOD AND INFLAMMATION

What's in there?

- Saturated fat (palmitic acid)
- Sugar/starch
- High omega6/omega3 fatty acid ratio
- Emulsifiers/AGE's
- Flavourings

B  
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R  
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A





# PROCESSED FOOD AND INFLAMMATION

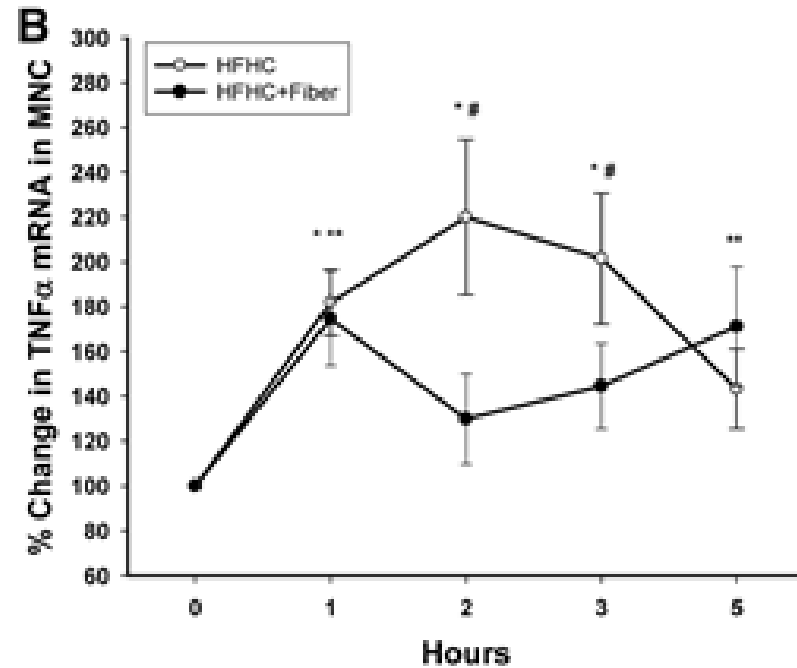
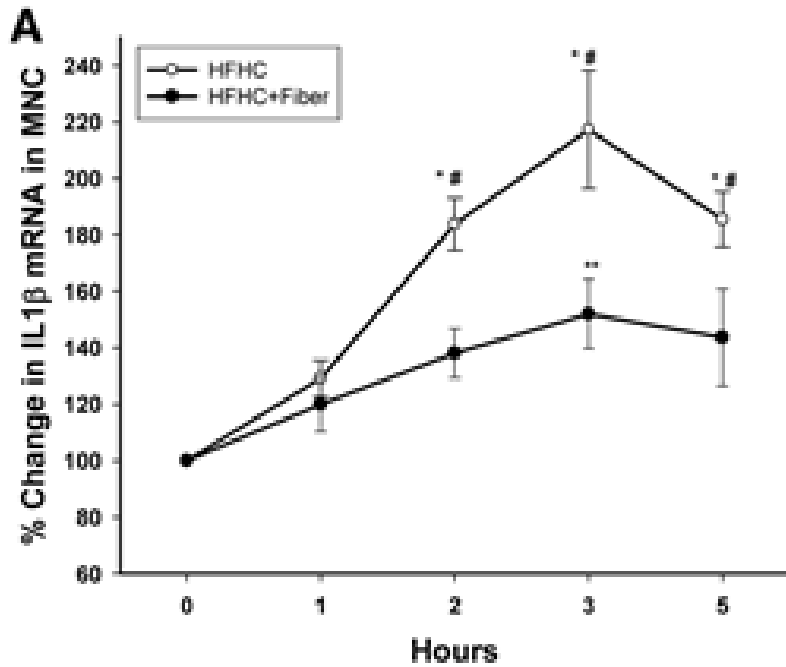
What's missing?

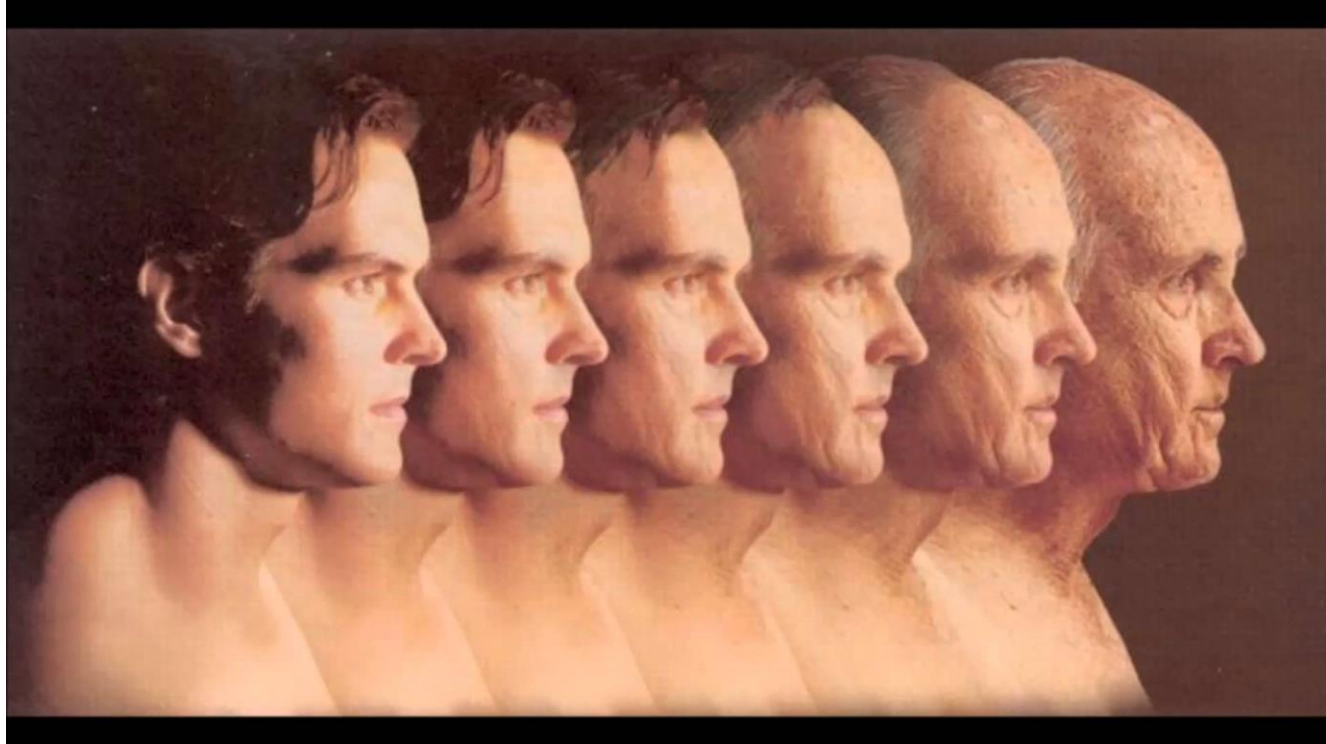
- Fiber
- Vitamins
- Minerals
- Antioxidants

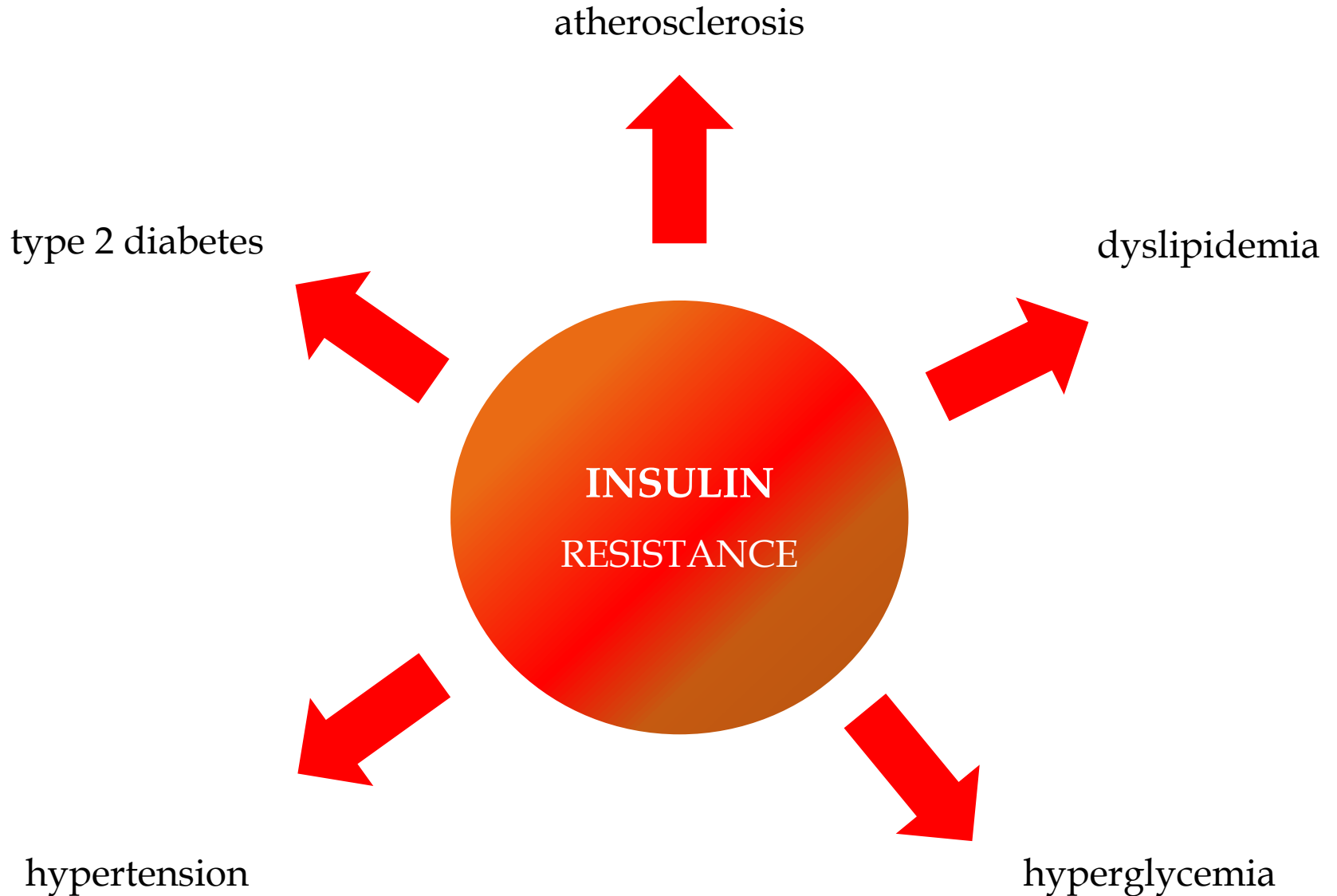


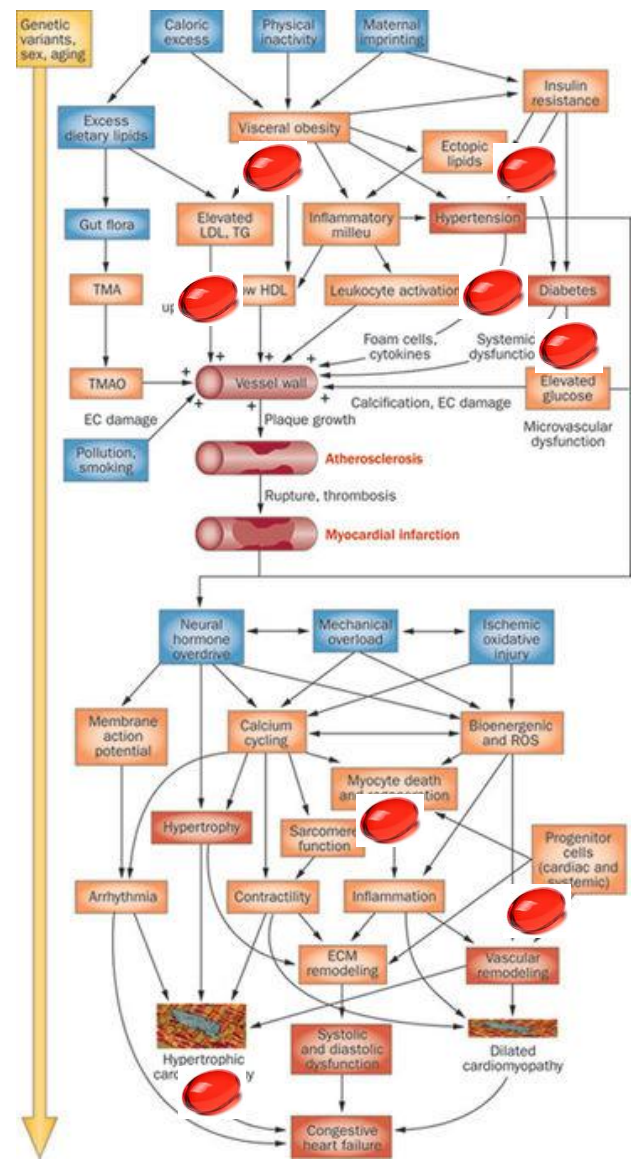
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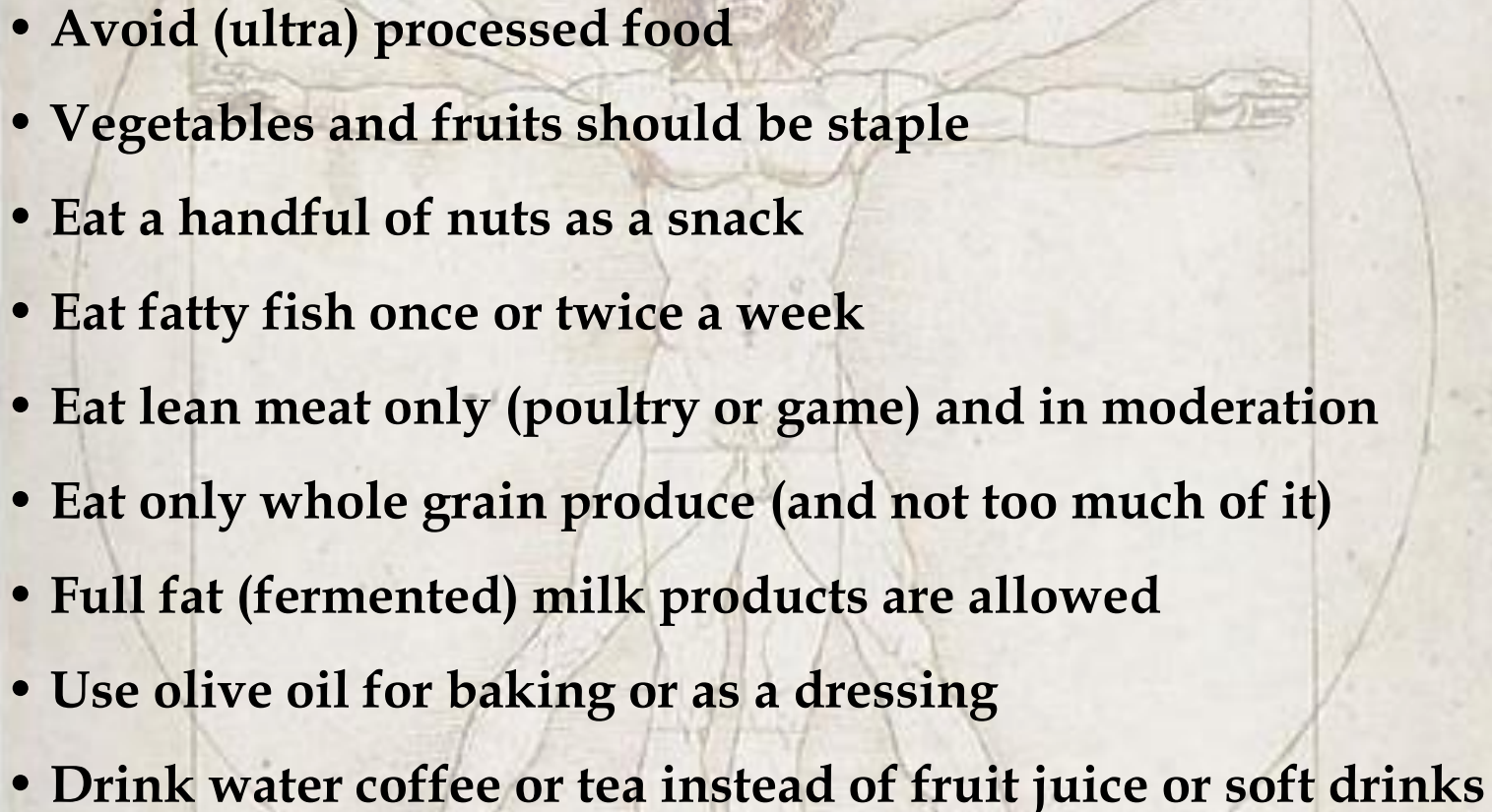










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- **Avoid (ultra) processed food**
  - **Vegetables and fruits should be staple**
  - **Eat a handful of nuts as a snack**
  - **Eat fatty fish once or twice a week**
  - **Eat lean meat only (poultry or game) and in moderation**
  - **Eat only whole grain produce (and not too much of it)**
  - **Full fat (fermented) milk products are allowed**
  - **Use olive oil for baking or as a dressing**
  - **Drink water coffee or tea instead of fruit juice or soft drinks**



# 5<sup>TH</sup> EUROPEAN LIFESTYLE MEDICINE CONGRESS



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## WIM & SAÏDA

2007



83 kg 125 kg

2016



63 kg 85 kg



- Learn how to enjoy cooking! Take your time
- Eat with others in peace

