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lowers the risk of death and that the principal components of the diet that cause this decreased risk are moderate alcohol consumption, low meat consumption and high consumption of vegetables, fruits and nuts, olive oil and legumes. [Diet and lifespan - NHS](#) [Mortality, Biochemistry, Diet and Lifestyle in Rural China. Geographical Study of the characteristics of 69 Counties in mainland China and 16 Areas in Taiwan.](#) Reviewed by Kun Chen and Mingjuan Jin. Edited by J Chen, R Peto, W Pan, B Liu, T C Campbell, J Boreham, B Parpia, P Cassano, Z Chen, Z Feng, H Gelband, J Li, H Pan, M Root, Y Wu, L ... [Mortality, Biochemistry, Diet and Lifestyle in Rural China ...Low carbohydrate dietary patterns favouring animal-derived protein and fat sources, from sources such as lamb, beef, pork, and chicken, were associated with higher mortality, whereas those that favoured plant-derived protein and fat intake, from sources such as vegetables, nuts, peanut butter, and whole-grain breads, were associated with lower mortality, suggesting that the source of food notably modifies the association between carbohydrate intake and mortality.](#) [Dietary carbohydrate intake and mortality: a prospective ...](#) • Breast cancer mortality increases with increasing dietary fat concentration and blood cholesterol levels. [6 Nutritionally rich diets increase childhood growth rates, causing menarche at an earlier age, a phenomenon that has been associated with higher risk of breast cancer later in life.](#) These findings suggest that the fastest rate of childhood growth may not be the healthiest, either for Chinese or for Westerners. [Diet, lifestyle, and the etiology of coronary artery ...Buy Diet, Lifestyle and Mortality in China: A Study of the Characteristics of 65 Chinese Counties by Chen Junshi, etc. \(ISBN: 9780192618436\) from Amazon's Book Store.](#) Everyday low prices and free delivery on eligible orders. [Diet, Lifestyle and Mortality in China: A Study of the ...The Mediterranean diet, lifestyle, and mortality by Dr Norman Swan](#) A study of over-70s in Europe has found that somebody who ate a Mediterranean diet, didn't smoke, took exercise and drank moderately, had a whopping 65 per cent reduced chance of dying over 10 years, from any cause. [07 10 2004The Mediterranean diet, lifestyle, and mortality - Health ...](#) When you grow up in a distinctive culture, it's bound to influence your lifestyle, your belief system — and perhaps most enjoyably, your diet. You might have a soft spot for mama's marinara, an aunt's curry and chapatis, dad's barbecue ribs or grandmother's

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