

Adventist Health Studies

a glance at our findings so far

say **YES** to

 **NUTS** — Eating nuts several times a week reduces the risk of heart attack by up to 50%.

TOMATOES — Those who have a high consumption of tomatoes may reduce their risk of prostate and ovarian cancer by 40% or more. 

 **WHOLE GRAIN BREAD** — Eating whole grain bread instead of white bread reduces non-fatal heart attack risk by 45%.

A PLANT-BASED DIET — Eating a plant-based diet increases life span by up to 5 years. 

say **NO** to

RED MEAT — Red meat raises the risk of colon cancer by at least 50%. It also raises the risk of heart attack by 70-80%, though there is less of an impact in the elderly. Red meat consumption is also associated with a 75% increased risk of diabetes. 

 **A SEDENTARY LIFESTYLE** — Regular moderate exercise is associated with a decreased risk of heart disease, breast cancer and colon cancer.

For more results, visit www.adventisthealthstudy.org

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