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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

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



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,...

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