

Current Evidence in Non-pharmacological Management for Cardiovascular Disease –
DASH Diet and Others

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The relationship between dietary pattern and cardiovascular disease has been studied extensively for more than a century. However, the classical diet-heart hypothesis, especially low-fat-high-carbohydrate diet, on the prevention of coronary heart disease is still controversial in recently 30 years.

The DASH (dietary approaches to stop hypertension) diet is a rich in grains, fruits, vegetables and low-fat dairy products. Furthermore, the DASH diet also limits the consumption of total fat, saturated fat, cholesterol and sodium intake to 1500-2300 mg a day. Many studies have shown that following of the DASH diet not only can lower blood pressure but also improve overall health. Consumption of the DASH diet may be associated with improving healthy lifestyle and decreasing the morbidity and mortality of cardiovascular disease. The DASH diet is either a healthy dietary pattern or healthy lifestyle for prevention of heart disease.

Since the current evidences have not consistently demonstrated the benefit from a specific diet on heart disease prevention. As the AHA recommendation, a healthy diet and lifestyle are the best weapons to fight cardiovascular disease.

In this section, we will discuss the concept and evolution of diet heart hypothesis from different types of study and compare the progress and change of diet recommendation on prevention heart disease.