

# Nutrition and Chronic Disease

**KEY:**

- Diet Related
- Alcohol Related
- Other Causes

**Heart disease**

**Cancer**

**Stroke**

**Lung disease**

**Accidents**

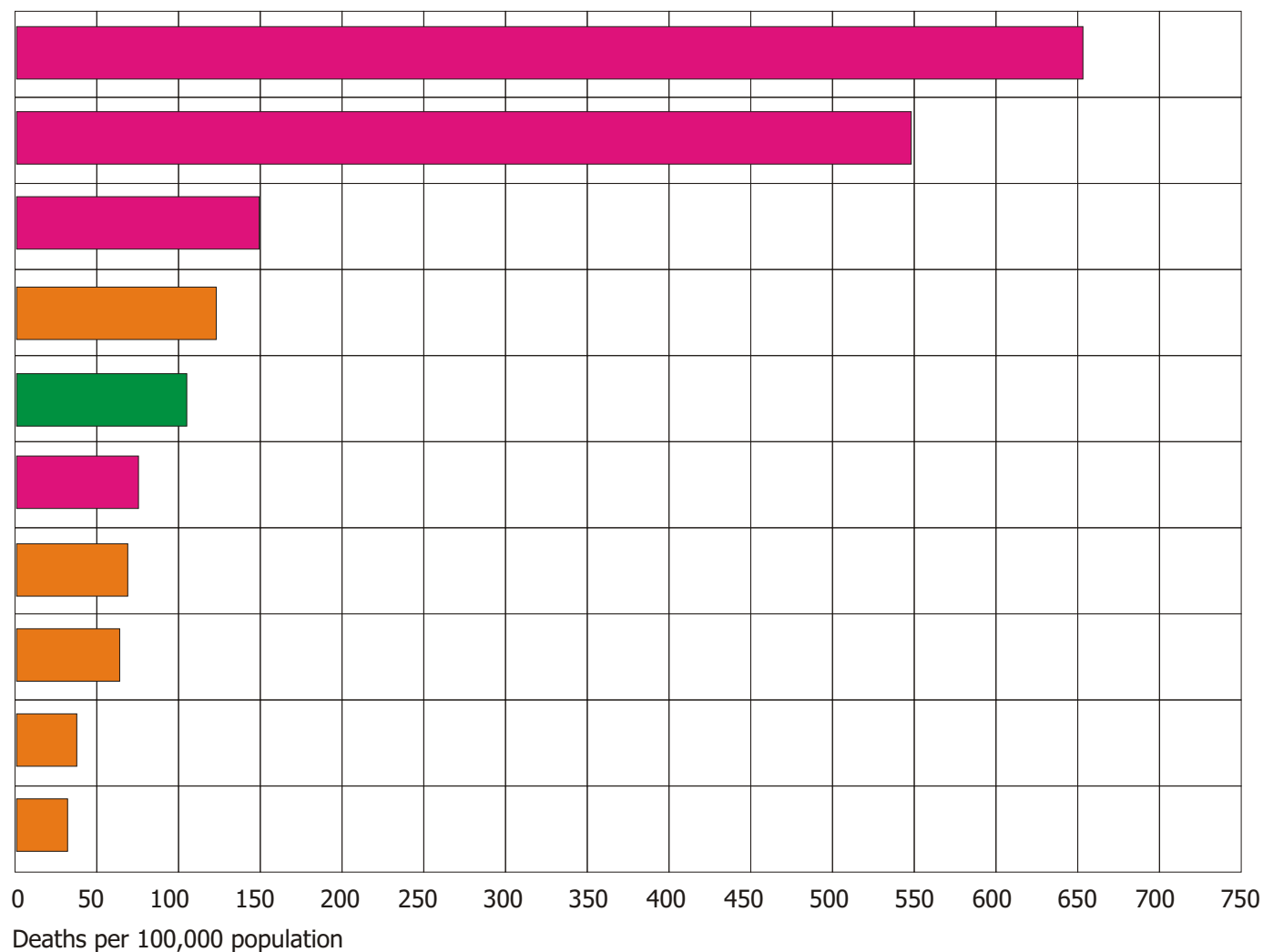
**Diabetes**

**Alzheimer's disease**

**Influenza/Pneumonia**

**Kidney disease**

**Blood Infections**

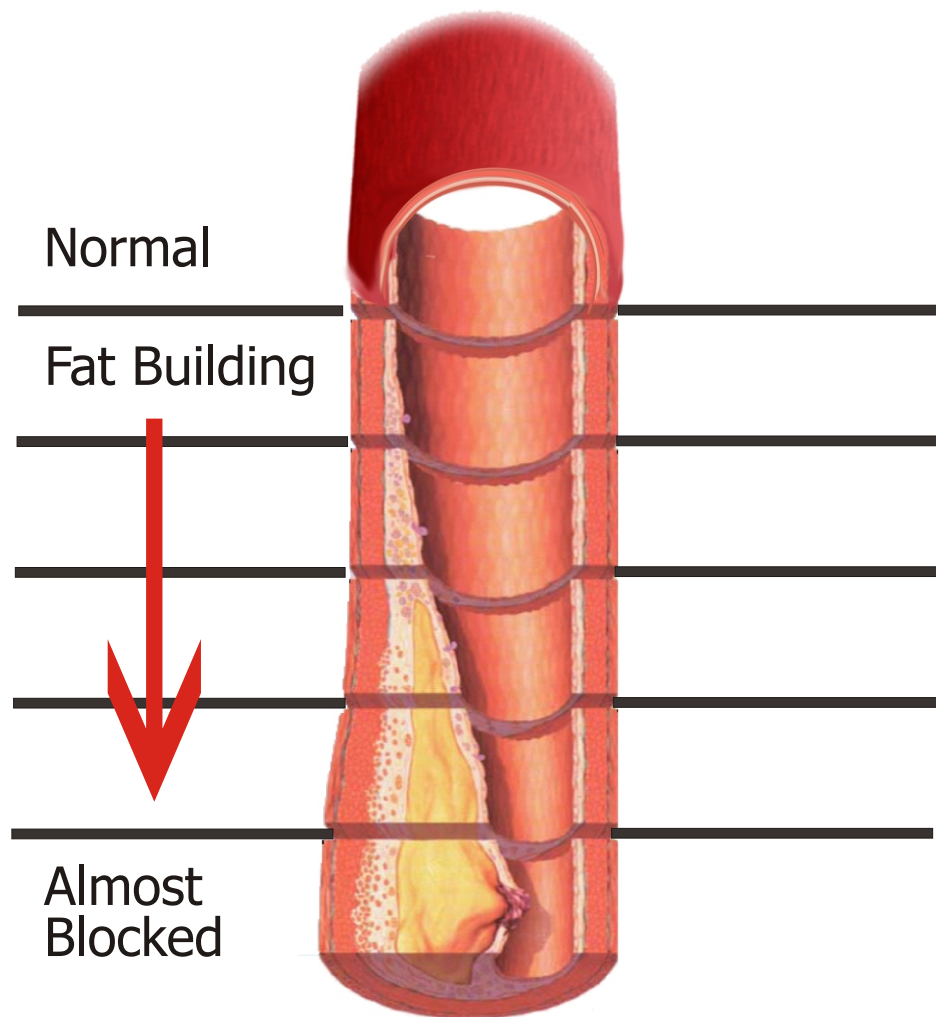
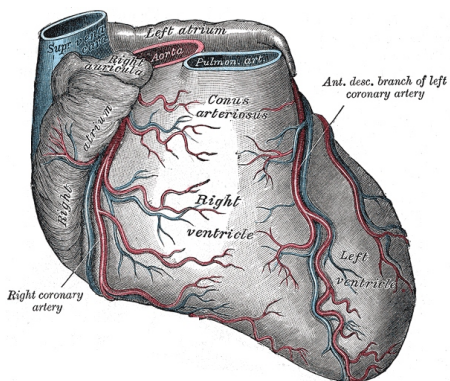


Source: Deaths: Preliminary Data for 2004, tables 7  
National Center for Health Statistics

# The Formation of Plaques

## in Atherosclerosis

**The coronary arteries nourish the heart muscle. If one of these arteries becomes blocked by plaque, nourishment is blocked and the heart muscle relying on that artery will die.**



A clot would totally block the artery

# Energy Balance

**In**

**Calories  
Consumed  
(eating)**

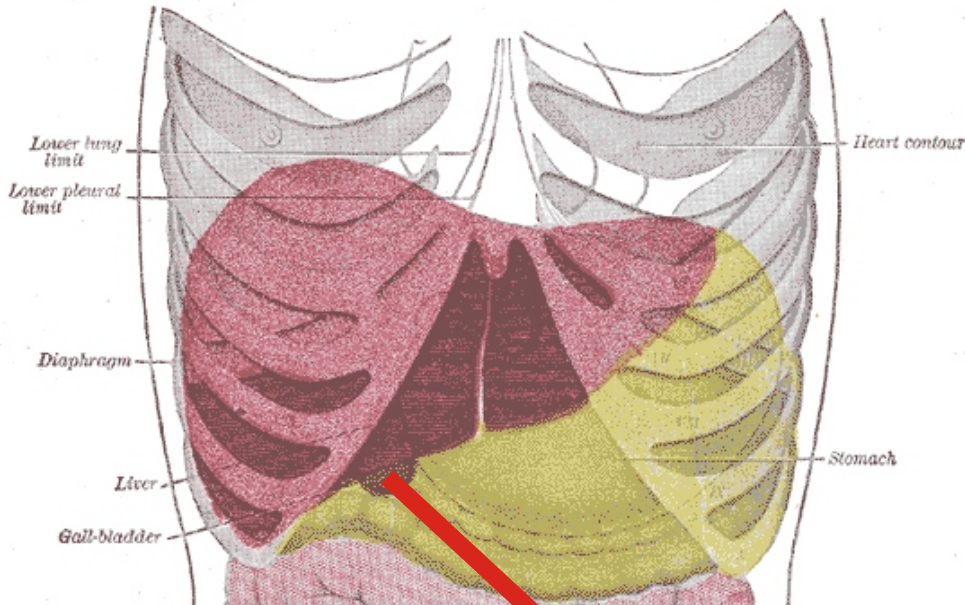
**Out**

**Resting  
Calories**

**Activity**

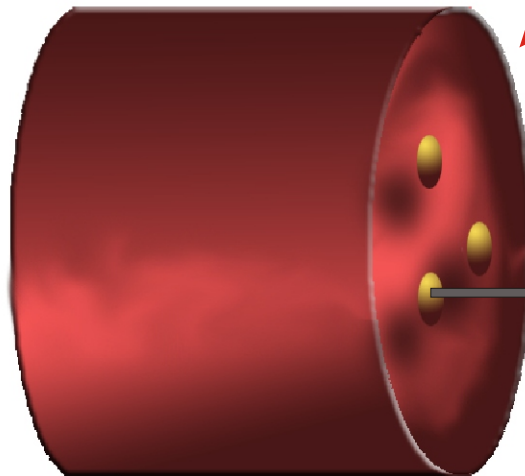
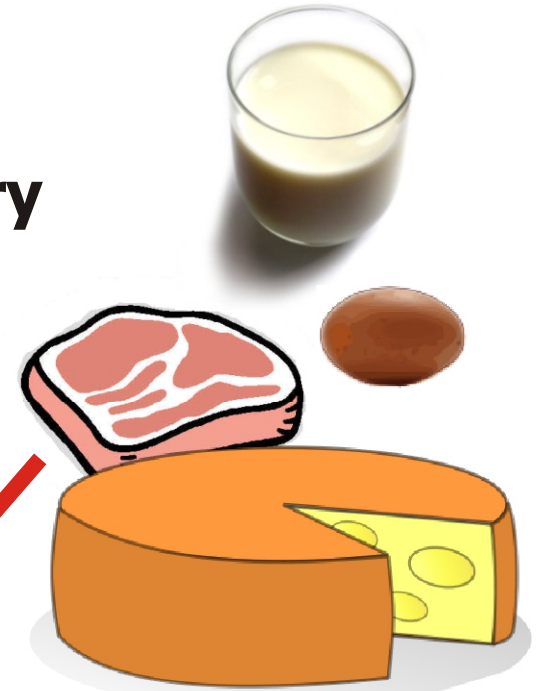
**Exercise**

# Cholesterol



**Produced  
by the  
Liver**

**Consumed  
from  
meat & dairy  
products**



**Cholesterol**

# Fat



**Unsaturated  
Vegetable Oil  
(Liquid)**

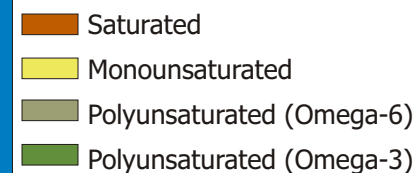


**Adding Hydrogen  
under pressure**



**Hydrogenated Fat  
(Solid or Semisolid)**

# More on Fat

**KEY:**

## Saturated

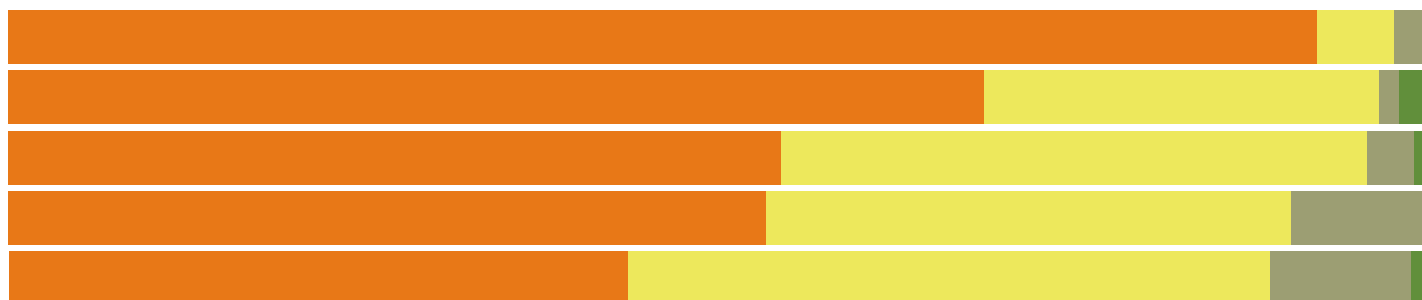
**Coconut Oil**

**Butter**

**Beef Tallow**

**Palm Oil**

**Lard**

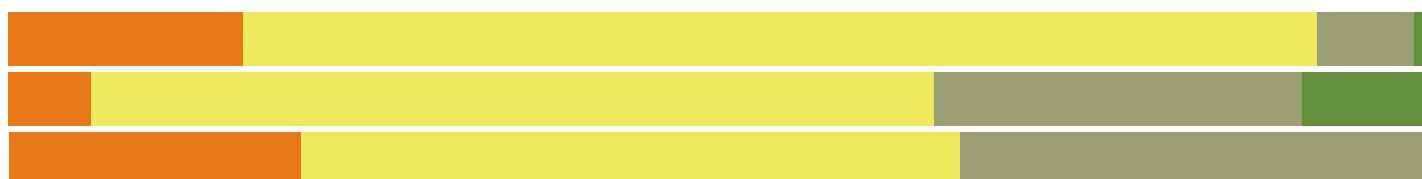


## Monounsaturated

**Olive Oil**

**Canola Oil**

**Peanut Oil**



## Polyunsaturated

**Safflower Oil**

**Sunflower Oil**

**Corn Oil**

**Soybean Oil**

**Cottonseed Oil**

