CORONARY HEART DISEASE is a complex illness caused by a variety of factors. Diet is one of those factors which may have a role in its development.

OTHER FACTORS WHICH CAN INCREASE THE RISK OF HEART DISEASE
- being male
- family history
- smoking cigarettes
- lack of exercise
- stress

BLOOD CLOTTING
MAY BE INCREASED BY:
- high fat intake
- regular consumption of oily fish
- moderate alcohol intake

MAY BE DECREASED BY:
- physical activity
- consumption of oily fish

LARGE BLOOD CLOTS
MAY BE INCREASED BY:
- high intakes of saturated fatty acids
- being very overweight
- high intakes of trans fatty acids

MAY BE DECREASED BY:
- regular consumption of soluble fibre
- moderate alcohol intake

FATTY DEPOSITS
MAY BE INCREASED BY:
- high intakes of sodium (salt)
- high intakes of alcohol

MAY BE DECREASED BY:
- consumption of soluble fibre
- moderate alcohol intake

BLOOD PRESSURE
MAY BE INCREASED BY:
- high intakes of sodium (salt)
- high intakes of alcohol

MAY BE DECREASED BY:
- consumption of oily fish
- regular consumption of soluble fibre
- moderate alcohol intake

HIGH BLOOD CHOLESTEROL
MAY BE INCREASED BY:
- high fat intake
- smoking

MAY BE DECREASED BY:
- regular consumption of oily fish
- moderate alcohol intake

This chart shows the influence of diet in the development of Coronary Heart Disease.