Spain: The, good for cholesterol and prevent cardiovascular diseases Galician cuisine

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The Atlantic diet help to lower cholesterol, adiposity and weight of people, according to a study framed in GALIAT 6 + 7

Consuming local products from the sea and the land; meat, fish, seafood, vegetables, wine and cheese, the call Galician Atlantic diet is beneficial to health because it lowers bad cholesterol, adiposity and weight of people and ultimately reduces the risk of cardiovascular diseases. This is what emerges from the conclusions of the pioneer project of R + D + I framed GALIAT 6 + 7 and powered by six companies and seven scientific groups with the help of a clinical trial conducted at

the Clinical Hospital of Santiago.

656 people participated in the project six months divided by lot into two groups, intervention and control groups. At the conclusion of the trial it was found a significant decrease in cholesterol members who consumed products of the Atlantic diet. Regarding BMI of individuals in the intervention group improved weight, adiposity and biochemical parameters related to body fat was obtained.

As explained by Dr. Carmen Martinez, scientific coordinator of the project, the main objective was to assess the effect of the intervention on lipid profile, that is, the presence of different types of fats in the blood.

For years it considered the Atlantic diet own places bathed in the ocean. As for the specifics of Galicia it includes sea and river fish, seafood, fruits and vegetables, potatoes, vegetables, cereals, meat, olive oil and dairy products among others. Source:

Fuente: cadenaser.com