





1. NUTRITION & CARDIOMETABOLIC HEALTH

Important Guidelines, Statements, and Reports

- a. Top 10 Things You Need to Know About the Dietary Guidelines for Americans, 2020-2025 
- b. Dietary Guidelines for Americans, 2020-2025 
- c. Food Sources of Select Nutrients 
- d. World Health organization: Healthy Diet 
- e. Centers for Disease Control and Prevention- Dietary guidelines and public health approaches to improve population nutrition. 
- f. 2021 Dietary Guidance to Improve Cardiovascular Health: A Scientific Statement From the American Heart Association 

Important Suggested Readings and Resources:

- a. Association Between Healthy Eating Patterns and Risk of Cardiovascular Disease 
- b. Rapid Diet Assessment Screening Tools for Cardiovascular Disease Risk Reduction Across Healthcare Settings 
- c. The effects of foods on LDL cholesterol levels 
- d. Effect of ultraprocessed food intake on cardiometabolic risk is mediated by diet quality 
- e. Association Between Dietary Factors and Mortality From Heart Disease, Stroke, and Type 2 Diabetes in the United States 
- f. DASH Eating Plan: Tools and Resources 
- g. Reduction in saturated fat intake for cardiovascular disease 