



PREACT

PRophylactic Education &
Actions for Cardiovascular
diseases and diabeteS

NUTRITION IS THE MOST CRUCIAL FACTOR IN PREVENTING CVD AND METABOLIC SYNDROME



ΔΗΜΟΚΡΙΤΕΙΟ
ΠΑΝΕΠΙΣΤΗΜΙΟ
ΘΡΑΚΗΣ

DEMOCRITUS
UNIVERSITY
OF THRACE

Emphasize fruits, vegetables, whole grains, fish, and legumes.

Limit processed meats and unhealthy fats.



For Adolescents:

A balanced diet rich in fruits, vegetables, and lean proteins. Avoid sugary drinks, processed foods, and excess salt.

For Adults:

Personalize nutrition based on individual goals. Options include Mediterranean, Vegetarian, DASH, and other diets focused on weight control and improving heart health.

For the Elderly:

Focus on nutrients important for bone health and adjust the diet for existing medical conditions.

Conclusion

A healthy diet is vital for preventing CVD and DM, promoting longevity, and reducing health risks.

Education on nutrition's role is essential for a healthy life.

