The Irish Heart Foundation Nutrition Guidelines for Heart Health with policy recommendations

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• Nutrition Guidelines (1,271k)

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Appendix 1: Childhood Nutrition Statement

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Description

The Irish Heart Foundation has been a leading authority on dietary guidelines for heart health and prevention of cardiovascular disease over the last 40 years. The Foundation first published a policy on nutrition in 1992 and it is now timely that they have considered current scientific evidence and recommendations to produce these Nutrition Guidelines for Heart Health (2007).

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