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Study says plant-based diet helps heart a little – 10th March, 2022

Level 0

A study says vegetables may not greatly cut the risk of heart attacks. People believe vegetables are important. However, other things may affect our heart. These include other things we eat, exercise, where we live, our income, and if we smoke or drink. Almost 400,000 answered questions in the study.

The scientists said the risk of dying from heart disease was 15 per cent lower for people who ate the most vegetables. However, they said other things also caused the 15% reduction. A researcher said the study did not show that vegetables protected the heart. He said differences in money and lifestyle also affected the heart.

Level 1

A study says eating lots of vegetables may not greatly reduce the risk of heart attacks. People usually believe it is important to eat vegetables. The study says other things may affect our heart. These include other things we eat, exercise, where we live, our income, and if we smoke or drink. Almost 400,000 people took part in the study. They answered questions about their lifestyle, diet, and what raw and cooked vegetables they ate.

The scientists said people should eat lots of vegetables. Their study found the risk of dying from heart disease was 15 per cent lower for people who ate the most vegetables. However, they said other factors also caused this 15% reduction. A researcher said: "Our large study did not find evidence for a protective effect of vegetable intake on the occurrence of cardiovascular disease". He said differences in money and lifestyle also affected the heart.

Level 2

A new study suggests eating lots of vegetables may not greatly reduce the risk of heart attacks. This goes against what doctors tell us. People usually believe it is important to eat lots of vegetables to keep the heart healthy. The study says other factors may affect our heart. These include other things we eat, the exercise we get, where we live, our income, and if we smoke and drink. The study is from universities in Oxford, Bristol and Hong Kong. Almost 400,000 people took part in it. They answered questions about their lifestyle, diet, and what raw and cooked vegetables they ate.

The scientists said people should eat lots of vegetables because they were good for our heart. The study found that the risk of dying from cardiovascular disease was 15 per cent lower for those eating the most vegetables, especially raw vegetables. However, they said many other factors also caused this 15% reduction. The lead researcher said: "Our large study did not find evidence for a protective effect of vegetable intake on the occurrence of cardiovascular disease". He said differences in income and lifestyle also affected the health of our heart.

Level 3

A new study from scientists suggests eating a lot of vegetables may not greatly reduce the risk of a heart attack. This goes against what doctors have been telling us for decades. People across the world believe it is essential to eat lots of vegetables to keep the heart healthy. The new study says other lifestyle factors may affect our health just as much as vegetables. These include other things we eat, how much exercise we get, where we live, our income, and whether or not we smoke and drink. The study is from universities in Oxford, Bristol and Hong Kong. Almost 400,000 people took part in it. They answered questions about their lifestyle, diet, and what raw and cooked vegetables they ate.

The scientists advised that people should still eat lots of vegetables because they were good for our heart and overall health. The findings of their study actually found that the risk of dying from cardiovascular disease was around 15 per cent lower for those eating the most vegetables, especially raw vegetables. However, they explained that many other factors also contributed to this 15% reduction. Lead researcher Dr Qi Feng from the University of Oxford said: "Our large study did not find evidence for a protective effect of vegetable intake on the occurrence of cardiovascular disease". He said "differences in socioeconomic situation and lifestyle differences" also affected the health of our heart.