

## A fruit a day can keep heart attack away!

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Scientists at the Oxford University, UK, presented a study at the European Society of Cardiology (ESC) Congress, highlighting that daily fruit consumption reduced the risk of heart attacks by 40 percent.

The study involved 4,51,681 participants covering 10 areas of China, who were not taking any medication for hypertension. Researchers recorded fruit consumption habits of the participants as never, monthly, 1-3 days per week, 4-6 days per week or daily.

The team found that about 18 percent of participants consumed fruits daily and 6.3 percent never consumed any fruits. The average daily fruit consumption was recorded to be 1.5 portions, about 150 g.

The findings indicated that the risk of cardiovascular diseases was reduced to 40 percent, in people who recorded daily consumption of fruit.

Researchers said that daily consumption of fruit was associated with a 3.4 mm Hg lower systolic blood pressure and a 4.1 mm Hg lower diastolic blood pressure in comparison to fruit abstainers. Researchers also indicated that daily consumption of fruit reduced overall mortality rates by 32 percent.