



Happy Valentine's to my omni love

A Harvard study found that women who ate two servings of red meat daily had a 30% greater risk of developing heart disease (compared to half a serving).

The Archives of Internal Medicine found that for each day you increase red meat intake by three ounces, your risk of cardiovascular death increases by 16%.

Atkins? Think again. A Swedish study found a 28% jump in risk of cardiovascular illness for women who ate an Atkins-type diet.

After analyzing 20 different studies, findings published in the Journal of the American Medical Association found no correlation between fish oil and better heart health.



Your Valentine on veganism

Italian researchers found that women who ate a daily serving of greens were more than 40% less likely to develop heart disease than those who ate two or fewer servings weekly.

Aussie researchers suggest that daily supplements of aged garlic extract could reduce risk of cardiovascular disease by 16 to 40%.

A new study out of the UK found that vegetarians are one-third less likely to die from heart disease than those who eat meat.

Thirteen years of data found that one serving of whole grains can decrease risk of heart failure by 7%.

Women who eat antioxidant-rich foods and about seven servings of produce daily were 20% less likely to experience a heart attack over 10 years.