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  - Heart disease, cancer and stroke are leading cause of death in the US
  - Genetics and other lifestyle factors can influence expression of diseases
  - Diet has significant impact on prevention, treatment, and maintenance of chronic diseases
- 2  **Cardiovascular Disease**
  - Risk Factors
- 3  **Reducing Risk of CVD**
  - Reduce lipids to normal levels
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  - Lifestyle Changes
- 4  **Hypertension**
  - Risk Factors
- 5  **Treating Hypertension**
  - Weight Control
  - Regular exercise
  - DASH diet
  - Medications
- 6  **Diabetes**
  - Risk Factors
- 7  **Treatment**
  - Diet
  - Exercise
  - Medication
  - Monitoring blood sugar
- 8  **Cancer**
  - Abnormal growth of malignant cells
  - Environmental factors
  - Dietary factors
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- 9  **Dietary Guidelines to Reduce Incidence of Chronic Diseases**
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- 11  **Pyramids, Pyramids Everywhere**
  - Various Pyramids
  - Pros and Cons of USDA Pyramid
  - Determine the Healthiest Pyramid
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