

Примечания

Предисловие

1. Monte T, Pritikin I. *Pritikin: The Man Who Healed America's Heart*. Emmaus, PA: Rodale Press; 1988.
2. Gould KL, Ornish D, Scherwitz L, et al. Changes in myocardial perfusion abnormalities by positron emission tomography after long-term, intense risk factor modification. *JAMA*. 1995;274: 894–901.
3. Ornish D, Scherwitz L, Billings J, et al. Intensive lifestyle changes for reversal of coronary heart disease. Five-year follow-up of the Lifestyle Heart Trial. *JAMA*. 1998;280:2001–7.
4. Ornish DM, Scherwitz LW, Doody RS, et al. Effects of stress management training and dietary changes in treating ischemic heart disease. *JAMA*. 1983;249:54–9.
5. Ornish D. Intensive lifestyle changes and health reform. *Lancet Oncol*. 2009;10(7):638–9.
6. Adams KM, Kohlmeier M, Zeisel SH. Nutrition education in U.S. medical schools: latest update of a national survey. *Acad Med*. 2010;85(9):1537–42.
7. Jamal A, Dube SR, Malarcher AM, Shaw L, Engstrom MC. Tobacco use screening and counseling during physician office visits among adults. National Ambulatory Medical Care Survey and National Health Interview Survey, United States, 2005–2009. *MMWR Morb Mortal Wkly Rep*. 2012; 61 Suppl:38–45.

Вступление

1. Berzlanovich AM, Keil W, Waldhoer T, Sim E, Fasching P, Fazeny-Dorner B. Do centenarians die healthy? An autopsy study. *J Gerontol A Biol Sci Med Sci*. 2005;60(7):862–5.
2. Kohn RR. Cause of death in very old people. *JAMA*. 1982;247(20):2793–7.
3. Berzlanovich AM, Keil W, Waldhoer T, Sim E, Fasching P, Fazeny-Dorner B. Do centenarians die healthy? An autopsy study. *J Gerontol A Biol Sci Med Sci*. 2005;60(7):862–5.
4. Lenders C, Gorman K, Milch H, et al. A novel nutrition medicine education model: the Boston University experience. *Adv Nutr*. 2013;4(1):1–7.
5. Murray CJ, Atkinson C, Bhalla K, et al. The state of US health, 1990–2010: burden of diseases, injuries, and risk factors. *JAMA*. 2013;310(6):591–608.
6. Kris-Etherton PM, Akabas SR, Bales CW, et al. The need to advance nutrition education in the training of health care professionals and recommended research to evaluate implementation and effectiveness. *Am J Clin Nutr*. 2014;99(5 Suppl):1153S–66S.
7. Swift CS. Nutrition trends: implications for diabetes health care professionals. *Diabetes Spectr*. 2009;29(1):23–5.

8. Vetter ML, Herring SJ, Sood M, Shah NR, Kalet AL. What do resident physicians know about nutrition? An evaluation of attitudes, self-perceived proficiency and knowledge. *J Am Coll Nutr.* 2008;27(2):287–98.
9. Lazarus K, Weinsier RL, Boker JR. Nutrition knowledge and practices of physicians in a family-practice residency program: the effect of an education program provided by a physician nutrition specialist. *Am J Clin Nutr.* 1993;58(3):319–25.
10. Senate Committee on Business, Professions and Economic Development. Bill Analysis on SB 380. http://www.leginfo.ca.gov/pub/11-12/bill/sen/sb_0351-0400/sb380cfa20110421_125358_sen_comm.html. Hearing held April 25, 2011. Accessed March 31, 2015.
11. The Medical Board of California. Continuing Medical Education. http://www.mbc.ca.gov/Licensees/Continuing_Education/. Nd. Accessed March 31, 2015.
12. Wizard Edison says doctors of future will give no medicine. *Newark Advocate.* January 2, 1903.
13. Stange KC, Zyzanski SJ, Jaen CR, et al. Illuminating the “black box.” A description of 4454 patient visits to 138 family physicians. *J Fam Pract.* 1998;46(5):377–89.
14. Aitken M, Johns Hopkins Bloomberg School of Public Health. The trillion dollar market for medicines: characteristics, dynamics and outlook. <http://www.jhsph.edu/research/centers-and-institutes/center-for-drug-safety-and-effectiveness/academic-training/seminar-series/MUrray%20Aikten.pdf>. February 24, 2014. Accessed March 29, 2015.
15. Willett WC. Balancing life-style and genomics research for disease prevention. *Science.* 2002;296(5568):695–8.
16. Willett WC. Balancing life-style and genomics research for disease prevention. *Science.* 2002;296(5568):695–8.
17. Robertson TL, Kato H, Rhoads GG, et al. Epidemiologic studies of coronary heart disease and stroke in Japanese men living in Japan, Hawaii and California. Incidence of myocardial infarction and death from coronary heart disease. *Am J Cardiol.* 1977;39(2):239–43.
18. Mayo Clinic News Network. Nearly 7 in 10 Americans take prescription drugs, Mayo Clinic, Olmsted Medical Center Find. <http://newsnetwork.mayoclinic.org/discussion/nearly-7-in-10-americans-take-prescription-drugs-mayo-clinic-olmsted-medical-center-find/>. June 19, 2013. Accessed March 31, 2015.
19. Murray CJ, Atkinson C, Bhalla K, et al. The state of US health, 1990–2010: burden of diseases, injuries, and risk factors. *JAMA.* 2013;310(6):591–608.
20. Crimmins EM, Beltran-Sánchez H. Mortality and morbidity trends: is there compression of morbidity? *J Gerontol B Psychol Sci Soc Sci.* 2011;66(1):75–86.
21. Crimmins EM, Beltrán-Sánchez H. Mortality and morbidity trends: is there compression of morbidity? *J Gerontol B Psychol Sci Soc Sci.* 2011;66(1):75–86.
22. Olshansky SJ, Passaro DJ, Hershow RC, et al. A potential decline in life expectancy in the United States in the 21st century. *N Engl J Med.* 2005;352(11):1138–45.
23. Offord DR. Selection of levels of prevention. *Addict Behav.* 2000;25(6):833–42.
24. Gofrit ON, Shemer J, Leibovici D, Modan B, Shapira SC. Quaternary prevention: a new look at an old challenge. *Isr Med Assoc J.* 2000;2(7):498–500.
25. Strasser T. Reflections on cardiovascular diseases. *Interdiscip Sci Rev.* 1978;3(3):225–30.

26. Lloyd-Jones DM, Hong Y, Labarthe D, et al. Defining and setting national goals for cardiovascular health promotion and disease reduction: the American Heart Association's strategic Impact Goal through 2020 and beyond. *Circulation*. 2010;121(4):586–613.
27. Yancy CW. Is ideal cardiovascular health attainable? *Circulation*. 2011;123(8):835–7.
28. Lloyd-Jones DM, Hong Y, Labarthe D, et al. Defining and setting national goals for cardiovascular health promotion and disease reduction: the American Heart Association's strategic Impact Goal through 2020 and beyond. *Circulation*. 2010;121(4):586–613.
29. Yusuf S, Hawken S, Ounpuu S, et al. Effect of potentially modifiable risk factors associated with myocardial infarction in 52 countries (the INTERHEART study): case-control study. *Lancet*. 2004;364(9438):937–52.
30. Lloyd-Jones DM, Hong Y, Labarthe D, et al. Defining and setting national goals for cardiovascular health promotion and disease reduction: the American Heart Association's strategic Impact Goal through 2020 and beyond. *Circulation*. 2010;121(4):586–613.
31. Shay CM, Ning H, Allen NB, et al. Status of cardiovascular health in US adults: prevalence estimates from the National Health and Nutrition Examination Surveys (NHANES) 2003–2008. *Circulation*. 2012;125(1):45–56.
32. Shay CM, Ning H, Allen NB, et al. Status of cardiovascular health in US adults: prevalence estimates from the National Health and Nutrition Examination Surveys (NHANES) 2003–2008. *Circulation*. 2012;125(1):45–56.
33. Omran AR. The epidemiologic transition. A theory of the epidemiology of population change. *Milbank Mem Fund Q*. 1971;49(4):509–38.
34. US Centers for Disease Control and Prevention. Leading causes of death, 1900–1998. http://www.cdc.gov/nchs/data/dvs/lead1900_98.pdf. Accessed April 29, 2015.
35. Kochanek KD, Murphy SL, Xu J, Arias E. Mortality in the United States, 2013. NCHS Data Brief 2014;178.
36. Lim SS, Vos T, Flaxman AD, et al. A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990–2010: a systematic analysis for the Global Burden of Disease Study 2010. *Lancet*. 2012;380(9859): 2224–60.
37. Popkin BM. Global nutrition dynamics: the world is shifting rapidly toward a diet linked with noncommunicable diseases. *Am J Clin Nutr*. 2006;84(2):289–98.
38. Zhai F, Wang H, Du S, et al. Prospective study on nutrition transition in China. *Nutr Rev*. 2009;67 Suppl 1:S56–61.
39. Singh PN, Arthur KN, Orlich MJ, et al. Global epidemiology of obesity, vegetarian dietary patterns, and noncommunicable disease in Asian Indians. *Am J Clin Nutr*. 2014;100 Suppl 1:359S–64S.
40. Singh PN, Arthur KN, Orlich MJ, et al. Global epidemiology of obesity, vegetarian dietary patterns, and noncommunicable disease in Asian Indians. *Am J Clin Nutr*. 2014;100 Suppl 1: 359S–64S.
41. McCarty MF. Proposal for a dietary “phytochemical index.” *Med Hypotheses*. 2004;63(5):813–7.
42. Mirmiran P, Bahadoran Z, Golzarand M, Shiva N, Azizi F. Association between dietary phytochemical index and 3-year changes in weight, waist circumference and body adiposity index in adults: Tehran Lipid and Glucose study. *Nutr Metab (Lond)*. 2012;9(1):108.

43. Mirmiran P, Bahadoran Z, Golzarand M, Shiva N, Azizi F. Association between dietary phytochemical index and 3-year changes in weight, waist circumference and body adiposity index in adults: Tehran Lipid and Glucose study. *Nutr Metab (Lond)*. 2012;9(1):108.
44. Golzarand M, Bahadoran Z, Mirmiran P, Sadeghian-Sharif S, Azizi F. Dietary phytochemical index is inversely associated with the occurrence of hypertension in adults: a 3-year follow-up (the Tehran Lipid and Glucose Study). *Eur J Clin Nutr*. 2015;69(3):392–8.
45. Golzarand M, Mirmiran P, Bahadoran Z, Alamdar S, Azizi F. Dietary phytochemical index and subsequent changes of lipid profile: a 3-year follow-up in Tehran Lipid and Glucose Study in Iran. *ARYA Atheroscler*. 2014;10(4):203–10.
46. Bahadoran Z, Karimi Z, Houshiar-Rad A, Mirzayi HR, Rashidkhani B. Dietary phytochemical index and the risk of breast cancer: a case control study in a population of Iranian women. *Asian Pac J Cancer Prev*. 2013;14(5):2747–51.
47. U.S. Department of Agriculture Economic Research Service. Loss-adjusted food availability. http://www.ers.usda.gov/datafiles/Food Availability_Per_Capita_Data_System/LossAdjusted_Food Availability/calories.xls. September 30, 2014. Accessed April 29, 2015.
48. Wansink B, Kniffen KM, Shimizu M. Death row nutrition. Curious conclusions of last meals. *Appetite*. 2012;59(3):837–43.
49. Bambs C, Kip KE, Dinga A, Mulukutla SR, Aiyer AN, Reis SE. Low prevalence of “ideal cardiovascular health” in a community-based population: the heart strategies concentrating on risk evaluation (Heart SCORE) study. *Circulation*. 2011;123(8):850–7.
50. Yancy CW. Is ideal cardiovascular health attainable? *Circulation*. 2011;123(8):835–7.
51. Ford ES, Bergmann MM, Krord J, Schienkiewitz A, Weikert C, Boeing H. Healthy living is the best revenge: findings from the European Prospective Investigation Into Cancer and Nutrition - Potsdam study. *Arch Intern Med*. 2009;169(15):1355–62.
52. Platz EA, Willett WC, Colditz GA, Rimm EB, Spiegelman D, Giovannucci E. Proportion of colon cancer risk that might be preventable in a cohort of middle-aged US men. *Cancer Causes Control*. 2000;11(7):579–88.
53. Wahls TL. The seventy percent solution. *J Gen Intern Med*. 2011;26(10):1215–6.
54. Ford ES, Bergmann MM, Boeing H, Li C, Capewell S. Healthy lifestyle behaviors and all-cause mortality among adults in the United States. *Prev Med*. 2012;55(1):23–7.
55. Khaw KT, Wareham N, Bingham S, Welch A, Luben R, Day N. Combined impact of health behaviours and mortality in men and women: the EPIC-Norfolk prospective population study. *PLoS Med*. 2008;5(1):e12.
56. Jiang H, Ju Z, Rudolph KL. Telomere shortening and ageing. *Z Gerontol Geriatr*. 2007;40(5): 314–24.
57. Mather KA, Jorm AF, Parslow RA, Christensen H. Is telomere length a biomarker of aging? A review. *J Gerontol A Biol Sci Med Sci*. 2011;66(2):202–13.
58. Tsuji A, Ishiko A, Takasaki T, Ikeda N. Estimating age of humans based on telomere shortening. *Forensic Sci Int*. 2002;126(3):197–9.
59. Shammas MA. Telomeres, lifestyle, cancer, and aging. *Curr Opin Clin Nutr Metab Care*. 2011;14(1):28–34.
60. Huzen J, Wong LS, van Veldhuisen DJ, et al. Telomere length loss due to smoking and metabolic traits. *J Intern Med*. 2014;275(2):155–63.

61. Hou L, Savage SA, Blaser MJ, et al. Telomere length in peripheral leukocyte DNA and gastric cancer risk. *Cancer Epidemiol Biomarkers Prev.* 2009;18(11):3103–9.
62. Gu Y, Honig LS, Schupf N, et al. Mediterranean diet and leukocyte telomere length in a multiethnic elderly population. *Age (Dordr).* 2015;37(2):9758.
63. García-Calzón S, Moleres A, Martínez-González MA, et al. Dietary total antioxidant capacity is associated with leukocyte telomere length in a children and adolescent population. *Clin Nutr.* 2014;S0261–5614(14):00191–5.
64. García-Calzón S, Moleres A, Martínez-González MA, et al. Dietary total antioxidant capacity is associated with leukocyte telomere length in a children and adolescent population. *Clin Nutr.* 2014;S0261–5614(14):00191–5.
65. Leung CW, Laraia BA, Needham BL, et al. Soda and cell aging: associations between sugarsweetened beverage consumption and leukocyte telomere length in healthy adults from the National Health and Nutrition Examination Surveys. *Am J Public Health.* 2014;104(12):2425–31.
66. Nettleton JA, Diez-Roux A, Jenny NS, Fitzpatrick AL, Jacobs DR. Dietary patterns, food groups, and telomere length in the Multi-Ethnic Study of Atherosclerosis (MESA). *Am J Clin Nutr.* 2008;88(5):1405–12.
67. Gu Y, Honig LS, Schupf N, et al. Mediterranean diet and leukocyte telomere length in a multiethnic elderly population. *Age (Dordr).* 2015;37(2):9758.
68. Flanary BE, Kletetschka G. Analysis of telomere length and telomerase activity in tree species of various life-spans, and with age in the bristlecone pine *Pinus longaeva*. *Biogerontology.* 2005; 6(2):101–11.
69. Ornish D, Lin J, Daubenmier J, et al. Increased telomerase activity and comprehensive lifestyle changes: a pilot study. *Lancet Oncol.* 2008;9(11):1048–57.
70. Skordalakes E. Telomerase and the benefits of healthy living. *Lancet Oncol.* 2008;9(11):1023–4.
71. Ornish D, Lin J, Chan JM, et al. Effect of comprehensive lifestyle changes on telomerase activity and telomere length in men with biopsy-proven low-risk prostate cancer: 5-year follow-up of a descriptive pilot study. *Lancet Oncol.* 2013;14(11):1112–20.
72. Mason C, Risques RA, Xiao L, et al. Independent and combined effects of dietary weight loss and exercise on leukocyte telomere length in postmenopausal women. *Obesity (Silver Spring).* 2013;21(12):E549–54.
73. Ornish D, Lin J, Daubenmier J, et al. Increased telomerase activity and comprehensive lifestyle changes: a pilot study. *Lancet Oncol.* 2008;9(11):1048–57.
74. Ornish D, Lin J, Chan JM, et al. Effect of comprehensive lifestyle changes on telomerase activity and telomere length in men with biopsy-proven low-risk prostate cancer: 5-year follow-up of a descriptive pilot study. *Lancet Oncol.* 2013;14(11):1112–20.
75. Artandi SE, Depinho RA. Telomeres and telomerase in cancer. *Carcinogenesis.* 2010;31(1): 9–18.
76. Mozaffarian D, Benjamin EJ, Go AS, et al. Heart disease and stroke statistics—2015 update: a report from the American Heart Association. *Circulation.* 2015;131(4):e29–322.
77. American Cancer Society. Cancer Facts & Figures 2015. Atlanta: American Cancer Society; 2015.
78. NHLBI Fact Book, Fiscal Year 2012. National Heart, Lung, and Blood Institute, NIH. <http://www.nhlbi.nih.gov/files/docs/factbook/FactBook2012.pdf>. February 2013. Accessed March 31, 2015.

79. Mozaffarian D, Benjamin EJ, Go AS, et al. Heart disease and stroke statistics—2015 update: a report from the American Heart Association. *Circulation.* 2015;131(4):e29–322.
80. Centers for Disease Control and Prevention. Deaths: final data for 2013 table 10. Number of deaths from 113 selected causes. National Vital Statistics Report 2016;64(2).
81. American Cancer Society. Cancer Facts & Figures 2015. Atlanta: American Cancer Society; 2015.
82. Centers for Disease Control and Prevention. Deaths: final data for 2013 table 10. Number of deaths from 113 selected causes. National Vital Statistics Report 2016;64(2).
83. Centers for Disease Control and Prevention. Deaths: final data for 2013 table 10. Number of deaths from 113 selected causes. National Vital Statistics Report 2016;64(2).
84. Mozaffarian D, Benjamin EJ, Go AS, et al. Heart disease and stroke statistics—2015 update: a report from the American Heart Association. *Circulation.* 2015;131(4):e29–322.
85. Centers for Disease Control and Prevention. Deaths: final data for 2013 table 10. Number of deaths from 113 selected causes. National Vital Statistics Report 2016;64(2).
86. American Cancer Society. Cancer Facts & Figures 2015. Atlanta: American Cancer Society; 2015.
87. Centers for Disease Control and Prevention. Deaths: final data for 2013 table 10. Number of deaths from 113 selected causes. National Vital Statistics Report 2016;64(2).
88. Centers for Disease Control and Prevention. Deaths: final data for 2013 table 10. Number of deaths from 113 selected causes. National Vital Statistics Report 2016;64(2).
89. Centers for Disease Control and Prevention. Deaths: final data for 2013 table 10. Number of deaths from 113 selected causes. National Vital Statistics Report 2016;64(2).
90. Centers for Disease Control and Prevention. Deaths: final data for 2013 table 10. Number of deaths from 113 selected causes. National Vital Statistics Report 2016;64(2).
91. Centers for Disease Control and Prevention. Deaths: final data for 2013 table 10. Number of deaths from 113 selected causes. National Vital Statistics Report 2016;64(2).
92. Tuso PJ, Ismail MH, Ha BP, Bartolotto C. Nutritional update for physicians: plant-based diets. *Perm J.* 2013;17(2):61–6.
93. Egger GJ, Binns AF, Rossner SR. The emergence of “lifestyle medicine” as a structured approach for management of chronic disease. *Med J Aust.* 2009;190(3):143–5.
94. Hyman MA, Ornish D, Roizen M. Lifestyle medicine: treating the causes of disease. *Altern Ther Health Med.* 2009;15(6):12–4.
95. Willett WC. Balancing life-style and genomics research for disease prevention. *Science.* 2002;296(5568):695–8.
96. Hyman MA, Ornish D, Roizen M. Lifestyle medicine: treating the causes of disease. *Altern Ther Health Med.* 2009;15(6):12–4.
97. Allen J, Anderson DR, Baun B, et al. Reflections on developments in health promotion in the past quarter century from founding members of the American Journal of Health Promotion Editorial Board. *Am J Health Promot.* 2011;25(4):ei– eviii.
98. Tuso PJ, Ismail MH, Ha BP, Bartolotto C. Nutritional update for physicians: plant-based diets. *Perm J.* 2013;17(2):61–6.

99. Tuso PJ, Ismail MH, Ha BP, Bartolotto C. Nutritional update for physicians: plant-based diets. *Perm J.* 2013;17(2):61–6.
100. Tuso PJ, Ismail MH, Ha BP, Bartolotto C. Nutritional update for physicians: plant-based diets. *Perm J.* 2013;17(2):61–6.
101. Kono S. Secular trend of colon cancer incidence and mortality in relation to fat and meat intake in Japan. *Eur J Cancer Prev.* 2004;13(2):127–32.
102. Willett WC. Balancing life-style and genomics research for disease prevention. *Science.* 2002;296(5568):695–8.
103. Kono S. Secular trend of colon cancer incidence and mortality in relation to fat and meat intake in Japan. *Eur J Cancer Prev.* 2004;13(2):127–32.
104. Kulshreshtha A, Goyal A, Veledar E, et al. Association between ideal cardiovascular health and carotid intima-media thickness: a twin study. *J Am Heart Assoc.* 2014;3(1):e000282.
105. Corona M, Velarde RA, Remolina S, et al. Vitellogenin, juvenile hormone, insulin signaling, and queen honey bee longevity. *Proc Natl Acad Sci USA.* 2007;104(17):7128–33.
106. Kucharski R, Maleszka J, Foret S, Maleszka R. Nutritional control of reproductive status in honeybees via DNA methylation. *Science.* 2008;319(5871):1827–30.
107. Gnyszka A, Jastrzebski Z, Flis S. DNA methyltransferase inhibitors and their emerging role in epigenetic therapy of cancer. *Anticancer Res.* 2013;33(8):2989–96.
108. Joven J, Micó V, Segura-Carretero A, Alonso-Villaverde C, Menéndez JA. Polyphenols and the modulation of gene expression pathways: can we eat our way out of the danger of chronic disease? *Crit Rev Food Sci Nutr.* 2014;54(8):985–1001.
109. Fang MZ, Wang Y, Ai N, et al. Tea polyphenol (-)-epigallocatechin-3-gallate inhibits DNA methyltransferase and reactivates methylation-silenced genes in cancer cell lines. *Cancer Res.* 2003;63(22):7563–70.
110. Myzak MC, Tong P, Dashwood WM, Dashwood RH, Ho E. Sulforaphane retards the growth of human PC-3 xenografts and inhibits HDAC activity in human subjects. *Exp Biol Med (Maywood).* 2007;232(2):227–34.
111. Dashwood RH, Ho E. Dietary histone deacetylase inhibitors: from cells to mice to man. *Semin Cancer Biol.* 2007;17(5):363–9.
112. Gryder BE, Sodji QH, Oyelere AK. Targeted cancer therapy: giving histone deacetylase inhibitors all they need to succeed. *Future Med Chem.* 2012;4(4):505–24.
113. Ornish D, Magbanua MJ, Weidner G, et al. Changes in prostate gene expression in men undergoing an intensive nutrition and lifestyle intervention. *Proc Natl Acad Sci USA.* 2008; 105(24): 8369–74.

Часть I

1. Как не умереть от ишемической болезни сердца

1. Myerburg RJ, Junnila MJ. 2012. Sudden cardiac death caused by coronary heart disease. *Circulation*. 28;125(8):1043–52.
2. Campbell TC, Parpia B, Chen J. Diet, lifestyle, and the etiology of coronary artery disease: the Cornell China study. *Am J Cardiol*. 1998;82(10B):18T-21T.
3. Shaper AG, Jones KW. Serum-cholesterol, diet, and coronary heart-disease in Africans and Asians in Uganda: 1959. *Int J Epidemiol*. 2012;41(5):1221–5.
4. Thomas WA, Davies JN, O’Neal RM, Dimakulangan AA. Incidence of myocardial infarction correlated with venous and pulmonary thrombosis and embolism. A geographic study based on autopsies in Uganda, East Africa and St. Louis, U.S.A. *Am J Cardiol*. 1960;5:41–7.
5. Benfante R. Studies of cardiovascular disease and cause-specific mortality trends in Japanese-American men living in Hawaii and risk factor comparisons with other Japanese populations in the Pacific region: a review. *Hum Biol*. 1992;64(6):791–805.
6. Chen J, Campbell TC, Li J, Peto R. Diet, life-style and mortality in China: A study of the characteristics of 65 Chinese counties. New York: Oxford University Press; 1990.
7. Shaper AG, Jones KW. Serum-cholesterol, diet, and coronary heart-disease in Africans and Asians in Uganda: 1959. *Int J Epidemiol*. 2012;41(5):1221–5.
8. De Biase SG, Fernandes SF, Gianini RJ, Duarte JL. Vegetarian diet and cholesterol and triglycerides levels. *Arq Bras Cardiol*. 2007;88(1):35–9.
9. Stoy PJ. Dental disease and civilization. *Ulster Med J*. 1951;20(2):144–58.
10. Kris-Etherton PM, Harris WS, Appel LJ, Nutrition Committee. Fish consumption, fish oil, omega-3 fatty acids, and cardiovascular disease. *Arterioscler Thromb Vasc Biol*. 2003;23(2): e20–30.
11. Shepherd CJ, Jackson AJ. Global fishmeal and fish-oil supply: inputs, outputs and markets. *J Fish Biol*. 2013;83(4):1046–66.
12. Rizos EC, Ntzani EE, Bika E, Kostapanos MS, Elisaf MS. Association between omega-3 fatty acid supplementation and risk of major cardiovascular disease events: a systematic review and meta-analysis. *JAMA*. 2012;308(10):1024–33.
13. Kwak SM, Myung SK, Lee YJ, Seo HG. Efficacy of omega-3 fatty acid supplements (eicosapentaenoic acid and docosahexaenoic acid) in the secondary prevention of cardiovascular disease: a meta-analysis of randomized, double-blind, placebo-controlled trials. *Arch Intern Med*. 2012; 172(9): 686–94.
14. Fodor JG, Helis E, Yazdekhasti N, Vohnout B. “Fishing” for the origins of the “Eskimos and heart disease” story: facts or wishful thinking? *Can J Cardiol*. 2014;30(8):864–8.
15. Burr ML, Fehily AM, Gilbert JF, et al. Effects of changes in fat, fish, and fibre intakes on death and myocardial reinfarction: diet and reinfarction trial (DART). *Lancet*. 1989;2(8666): 757–61.
16. Burr ML. Secondary prevention of CHD in UK men: the Diet and Reinfarction Trial and its sequel. *Proc Nutr Soc*. 2007;66(1):9–15.

17. Burr ML, Ashfi eld-Watt PAL, Dunstan FDJ, et al. Lack of benefit of dietary advice to men with angina: results of a controlled trial. *Eur J Clin Nutr.* 2003;57(2):193–200.
18. Rizos EC, Ntzani EE, Bika E, Kostapanos MS, Elisaf MS. Association between omega-3 fatty acid supplementation and risk of major cardiovascular disease events: a systematic review and meta-analysis. *JAMA.* 2012;308(10):1024–33.
19. Smith DA. ACP Journal Club. Review: omega-3 polyunsaturated fatty acid supplements do not reduce major cardiovascular events in adults. *Ann Intern Med.* 2012;157(12):JC6–5.
20. Enos WF, Holmes RH, Beyer J. Coronary disease among United States soldiers killed in action in Korea; preliminary report. *JAMA.* 1953;152(12):1090–3.
21. Strong JP. Landmark perspective: Coronary atherosclerosis in soldiers. A clue to the natural history of atherosclerosis in the young. *JAMA.* 1986;256(20):2863–6.
22. Voller RD, Strong WB. Pediatric aspects of atherosclerosis. *Am Heart J.* 1981;101(6): 815–36.
23. Napoli C, D’Armiento FP, Mancini FP, et al. Fatty streak formation occurs in human fetal aortas and is greatly enhanced by maternal hypercholesterolemia. Intimal accumulation of low density lipoprotein and its oxidation precede monocyte recruitment into early atherosclerotic lesions. *J Clin Invest.* 1997;100(11):2680–90.
24. Benjamin MM, Roberts WC. Facts and principles learned at the 39th Annual Williamsburg Conference on Heart Disease. *Proc (Bayl Univ Med Cent).* 2013;26(2):124–36.
25. McMahan CA, Gidding SS, Malcom GT, et al. Pathobiological determinants of atherosclerosis in youth risk scores are associated with early and advanced atherosclerosis. *Pediatrics.* 2006; 118(4): 1447–55.
26. Trumbo PR, Shimakawa T. Tolerable upper intake levels for trans fat, saturated fat, and cholesterol. *Nutr Rev.* 2011;69(5):270–8.
27. Roberts WC. It’s the cholesterol, stupid! *Am J Cardiol.* 2010;106(9):1364–6.
28. O’Keefe JH, Cordain L, Harris WH, Moe RM, Vogel R. Optimal low-density lipoprotein is 50 to 70 mg/dl: lower is better and physiologically normal. *J Am Coll Cardiol.* 2004;43(11): 2142–6.
29. Esselstyn CB. In cholesterol lowering, moderation kills. *Cleve Clin J Med.* 2000;67(8):560–4.
30. Roberts WC. The cause of atherosclerosis. *Nutr Clin Pract.* 2008;23(5):464–7.
31. Roberts WC. The cause of atherosclerosis. *Nutr Clin Pract.* 2008;23(5):464–7.
32. King S. The best selling drugs since 1996 - why AbbVie’s Humira is set to eclipse Pfizer’s Lipitor. <http://www.forbes.com/sites/simonking/2013/07/15/the-best-selling-drugs-since-1996-why-abbvies-humira-is-set-to-eclipse-pfizer-lipitor/>. July 15, 2013. Accessed May 1, 2015.
33. Ginter E, Kajaba I, Sauša M. Addition of statins into the public water supply? Risks of side effects and low cholesterol levels. *Cas Lek Cesk.* 2012;151(5):243–7.
34. Ferenczi EA, Asaria P, Hughes AD, Chaturvedi N, Francis DP. Can a statin neutralize the cardiovascular risk of unhealthy dietary choices? *Am J Cardiol.* 2010;106(4):587–92.
35. Draeger A, Monastyrskaya K, Mohaupt M, et al. Statin therapy induces ultrastructural damage in skeletal muscle in patients without myalgia. *J Pathol.* 2006;210(1):94–102.
36. Scott D, Blizzard L, Fell J, Jones G. Statin therapy, muscle function and falls risk in communitydwelling older adults. *QJM.* 2009;102(9):625–33.

37. Jefferson E. FDA announces safety changes in labeling for some cholesterol-lowering drugs. US Food and Drug Administration website. http://www.fda.gov/NewsEvents/Newsroom/Press_Announcements/ucm293623.htm. February 28, 2012. Accessed February 14, 2015.
38. McDougall JA, Malone KE, Daling JR, Cushing-Haugen KL, Porter PL, Li CI. Long-term statin use and risk of ductal and lobular breast cancer among women 55 to 74 years of age. *Cancer Epidemiol Biomarkers Prev.* 2013;22(9):1529–37.
39. Jenkins DJ, Kendall CW, Marchie A, et al. The Garden of Eden — plant-based diets, the genetic drive to conserve cholesterol and its implications for heart disease in the 21st century. *Comp Biochem Physiol, Part A Mol Integr Physiol.* 2003;136(1):141–51.
40. Esselstyn CB. Is the present therapy for coronary artery disease the radical mastectomy of the twenty-first century? *Am J Cardiol.* 2010;106(6):902–4.
41. Kadoch MA. The power of nutrition as medicine. *Prev Med.* 2012;55(1):80.
42. Wakai K, Marugame T, Kuriyama S, et al. Decrease in risk of lung cancer death in Japanese men after smoking cessation by age at quitting: pooled analysis of three large-scale cohort studies. *Cancer Sci.* 2007;98(4):584–9.
43. Vogel RA, Corretti MC, Plotnick GD. Effect of a single high-fat meal on endothelial function in healthy subjects. *Am J Cardiol.* 1997;79(3):350–4.
44. Erridge C. The capacity of foodstuffs to induce innate immune activation of human monocytes in vitro is dependent on food content of stimulants of Toll-like receptors 2 and 4. *Br J Nutr.* 2011;105(1):15–23.
45. Ornish D, Scherwitz LW, Billings JH, et al. Intensive lifestyle changes for reversal of coronary heart disease. *JAMA.* 1998;280(23):2001–7.
46. Ornish D, Scherwitz LW, Doody RS, et al. Effects of stress management training and dietary changes in treating ischemic heart disease. *JAMA.* 1983;249(1):54–9.
47. Ornish D, Scherwitz LW, Billings JH, et al. Intensive lifestyle changes for reversal of coronary heart disease. *JAMA.* 1998;280(23):2001–7.
48. Ellis FR, Sanders TA. Angina and vegan diet. *Am Heart J.* 1977;93(6):803–5.
49. Sweeney M. Effects of very low-fat diets on anginal symptoms. *Med Hypotheses.* 2004;63(3):553.
50. Savarese G, Rosano G, D'amore C, et al. Effects of ranolazine in symptomatic patients with stable coronary artery disease. A systematic review and meta-analysis. *Int J Cardiol.* 2013; 169(4):262–70.
51. Colpo E, Vilanova CD, Brenner Reetz LG, et al. A single consumption of high amounts of the Brazil nuts improves lipid profile of healthy volunteers. *J Nutr Metab.* 2013;2013:1–7.
52. Stern RH, Yang BB, Hounslow NJ, et al. Pharmacodynamics and pharmacokineticpharmacodynamic relationships of atorvastatin, an HMG-CoA reductase Inhibitor. *J Clin Pharmacol.* 2000;40(6):616–3.
53. Hegsted M. Dietary Guidelines. Food Politics website. www.foodpolitics.com/wp-content/uploads/Hegsted.pdf.nd. Accessed February 14, 2015.
54. Campbell TC. *The Low-Carb Fraud.* Dallas, TX: BenBella Books, Inc.; 2014.
55. Herman J. Saving U.S. dietary advice from conflicts of interest. *Food and Drug Law Journal* 2010; 65(20):285–316.
56. Herman J. Saving U.S. dietary advice from confl icts of interest. *Food and Drug Law Journal* 2010; 65(20):285–316.

57. Goodwin JS, Goodwin JM. The tomato effect. Rejection of highly efficacious therapies. *JAMA*. 1984;251(18):2387–90.
58. Adams KM, Kohlmeier M, Zeisel SH. Nutrition education in U.S. medical schools: latest update of a national survey. *Acad Med*. 2010;85(9):1537–42.
59. Hearing of California Senate Bill 380. Vimeo website. <http://vimeo.com/23744792>. April 25, 2011. Accessed February 14, 2015.
60. Murray JL. Coke and the AAFP—the real thing or a dangerous liaison? *Fam Med*. 2010; 42(1):57–8.
61. Blum A. AAFP-Coke editorial was music to [our] ears. *J Fam Pract*. 2010;59(2):74.
62. Brownell KD, Warner KE. The perils of ignoring history: Big Tobacco played dirty and millions died. How similar is Big Food? *Milbank Q*. 2009;87(1):259–94.
63. Brownell KD, Warner KE. The perils of ignoring history: Big Tobacco played dirty and millions died. How similar is Big Food? *Milbank Q*. 2009;87(1):259–94.
64. Simon, M. AND now a word from our sponsors. Eat Drinks Politics website. http://www.eatdrinkpolitics.com/wp-content/uploads/AND_Corporate_Sponsorship_Report.pdf. January 22, 2013. Accessed February 14, 2015.
65. Bruckert E, Pouchain D, Auboiron S, Mulet C. Cross-analysis of dietary prescriptions and adherence in 356 hypercholesterolaemic patients. *Arch Cardiovasc Dis*. 2012;105(11): 557–65.
66. Barnard ND. The physician’s role in nutrition-related disorders: from bystander to leader. *Virtual Mentor*. 2013;15(4):367–72.

2. Как не умереть от заболевания легких

1. American Cancer Society. Cancer Facts & Figures 2015. Atlanta: American Cancer Society; 2015.
2. Howlader N, Noone AM, Krapcho M, et al., eds. SEER Cancer Statistics Review, 1975–2011, National Cancer Institute. http://seer.cancer.gov/csr/1975_2011/. April 2014. Accessed February 27, 2015.
3. American Lung Association. Lung Cancer Fact Sheet. <http://www.lung.org/lung-disease/lung-cancer/resources/facts-figures/lung-cancer-fact-sheet.html>. 2015. Accessed February 14, 2015.
4. Moodie R, Stuckler D, Monteiro C, et al. Profits and pandemics: prevention of harmful effects of tobacco, alcohol, and ultra-processed food and drink industries. *Lancet*. 2013;381 (9867): 670–9.
5. American Cancer Society. When smokers quit— what are the benefits over time? <http://www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/guide-to-quitting-smoking-benefits>. 6 February 2015. Accessed February 26, 2015.
6. US Department of Health and Human Services. A Report of the Surgeon General. How Tobacco Smoke Causes Disease: What It Means to You. Atlanta: US Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.
7. Riso P, Martini D, Móller P, et al. DNA damage and repair activity after broccoli intake in young healthy smokers. *Mutagenesis*. 2010;25(6):595–602.
8. Gupta GP, Massagué J. Cancer metastasis: building a framework. *Cell*. 2006;127(4):679–95.

9. Wu X, Zhu Y, Yan H, et al. Isothiocyanates induce oxidative stress and suppress the metastasis potential of human non-small cell lung cancer cells. *BMC Cancer.* 2010;10:269.
10. Kim SY, Yoon S, Kwon SM, Park KS, Lee-Kim YC. Kale juice improves coronary artery disease risk factors in hypercholesterolemic men. *Biomed Environ Sci.* 2008;21(2):91–7.
11. Dressendorfer RH, Wade CE, Hornick C, Timmis GC. High-density lipoprotein-cholesterol in marathon runners during a 20-day road race. *JAMA.* 1982;247(12):1715–7.
12. Park W, Amin AR, Chen ZG, Shin DM. New perspectives of curcumin in cancer prevention. *Cancer Prev Res (Phila).* 2013;6(5):387–400.
13. Park W, Amin AR, Chen ZG, Shin DM. New perspectives of curcumin in cancer prevention. *Cancer Prev Res (Phila).* 2013;6(5):387–400.
14. Nagabhushan M, Amonkar AJ, Bhide SV. In vitro antimutagenicity of curcumin against environmental mutagens. *Food Chem Toxicol.* 1987;25(7):545–7.
15. Polasa K, Raghuram TC, Krishna TP, Krishnaswamy K. Effect of turmeric on urinary mutagens in smokers. *Mutagenesis.* 1992;7(2):107–9.
16. Ravindran J, Prasad S, Aggarwal BB. Curcumin and cancer cells: how many ways can curry kill tumor cells selectively? *AAPS J.* 2009;11(3):495–510.
17. Wu SH, Hang LW, Yang JS, et al. Curcumin induces apoptosis in human non-small cell lung cancer NCI-H460 cells through ER stress and caspase cascade-and mitochondria-dependent pathways. *Anticancer Res.* 2010;30(6):2125–33.
18. Su CC, Lin JG, Li TM, et al. Curcumin-induced apoptosis of human colon cancer colo 205 cells through the production of ROS, Ca²⁺ and the activation of caspase-3. *Anticancer Res.* 2006; 26(6B):4379–89.
19. Ravindran J, Prasad S, Aggarwal BB. Curcumin and cancer cells: how many ways can curry kill tumor cells selectively? *AAPS J.* 2009;11(3):495–510.
20. Ravindran J, Prasad S, Aggarwal BB. Curcumin and cancer cells: how many ways can curry kill tumor cells selectively? *AAPS J.* 2009;11(3):495–510.
21. Pallis AG, Syrigos KN. Lung cancer in never smokers: disease characteristics and risk factors. *Crit Rev Oncol Hematol.* 2013;88(3):494–503.
22. Chiang TA, Wu PF, Wang LF, Lee H, Lee CH, Ko YC. Mutagenicity and polycyclic aromatic hydrocarbon content of fumes from heated cooking oils produced in Taiwan. *Mutat Res.* 1997; 381(2):157–61.
23. Katragadda HR, Fullana A, Sidhu S, Carbonell-Barrachina AA. Emissions of volatile aldehydes from heated cooking oils. *Food Chem.* 2010;120(1):59–65.
24. Jin ZY, Wu M, Han RQ, et al. House hold ventilation may reduce effects of indoor air pollutants for prevention of lung cancer: a case-control study in a Chinese population. *PLoS ONE.* 2014;9(7):e102685.
25. Seow A, Poh WT, Teh M, et al. Fumes from meat cooking and lung cancer risk in Chinese women. *Cancer Epidemiol Biomarkers Prev.* 2000;9(11):1215–21.
26. Jedrychowski W, Perera FP, Tang D, et al. Impact of barbecued meat consumed in pregnancy on birth outcomes accounting for personal prenatal exposure to airborne polycyclic aromatic hydrocarbons: birth cohort study in Poland. *Nutrition.* 2012;28(4):372–7.
27. Perera FP, Li Z, Whyatt R, et al. Prenatal airborne polycyclic aromatic hydrocarbon exposure and child IQ at age 5 years. *Pediatrics.* 2009;124(2):e195–202.

28. Chen JW, Wang SL, Hsieh DP, Yang HH, Lee HL. Carcinogenic potencies of polycyclic aromatic hydrocarbons for back-door neighbors of restaurants with cooking emissions. *Sci Total Environ.* 2012;417–418:68–75.
29. Yang SC, Jenq SN, Kang ZC, Lee H. Identification of benzo[a]pyrene 7,8-diol 9,10-epoxide N2-deoxyguanosine in human lung adenocarcinoma cells exposed to cooking oil fumes from frying fish under domestic conditions. *Chem Res Toxicol.* 2000;13(10):1046–50.
30. Chen JW, Wang SL, Hsieh DP, Yang HH, Lee HL. Carcinogenic potencies of polycyclic aromatic hydrocarbons for back-door neighbors of restaurants with cooking emissions. *Sci Total Environ.* 2012 Feb 15;417–418:68–75.
31. Lijinsky W. N-Nitroso compounds in the diet. *Mutat Res.* 1999 Jul 15;443(1–2):129–38.
32. Thiébaud HP, Knize MG, Kuzmicky PA, Hsieh DP, Felton JS. Airborne mutagens produced by frying beef, pork and a soy-based food. *Food Chem Toxicol.* 1995;33(10):821–8.
33. Thiébaud HP, Knize MG, Kuzmicky PA, Hsieh DP, Felton JS. Airborne mutagens produced by frying beef, pork and a soy-based food. *Food Chem Toxicol.* 1995;33(10):821–8.
34. Mitsakou C, Housiadas C, Eleftheriadis K, Vratolis S, Helmis C, Asimakopoulos D. Lung deposition of fine and ultrafine particles outdoors and indoors during a cooking event and a no activity period. *Indoor Air.* 2007;17(2):143–52.
35. COPD Statistics across America. COPD Foundation website. <http://www.copdfoundation.org/What-is-COPD/COPD-Facts/Statistics.aspx>. 2015. Accessed February 14, 2015.
36. Tabak C, Smit HA, Rásánen L, et al. Dietary factors and pulmonary function: a cross sectional study in middle aged men from three European countries. *Thorax.* 1999;54(11):1021–6.
37. Walda IC, Tabak C, Smit HA, et al. Diet and 20-year chronic obstructive pulmonary disease mortality in middle-aged men from three European countries. *Eur J Clin Nutr.* 2002;56(7):638–43.
38. Varraso R, Jiang R, Barr RG, Willett WC, Camargo CA, Jr. Prospective study of cured meats consumption and risk of chronic obstructive pulmonary disease in men. *Am J Epidemiol.* 2007 Dec 15;166(12):1438–45.
39. Jiang R, Paik DC, Hankinson JL, Barr RG. Cured meat consumption, lung function, and chronic obstructive pulmonary disease among United States adults. *Am J Respir Crit Care Med.* 2007 Apr 15;175(8):798–804.
40. Jiang R, Camargo CA, Varraso R, Paik DC, Willett WC, Barr RG. Consumption of cured meats and prospective risk of chronic obstructive pulmonary disease in women. *Am J Clin Nutr.* 2008; 87(4):1002–8.
41. Keranis E, Makris D, Rodopoulou P, et al. Impact of dietary shift to higher-antioxidant foods in COPD: a randomised trial. *Eur Respir J.* 2010;36(4):774–80.
42. Warner JO. Worldwide variations in the prevalence of atopic symptoms: what does it all mean? *Thorax.* 1999;54 Suppl 2:S46–51.
43. What Is Asthma? National Heart, Lung, and Blood Institute. <http://www.nhlbi.nih.gov/health/health-topics/topics/asthma/>. August 4, 2014. Accessed February 14, 2015.
44. Warner JO. Worldwide variations in the prevalence of atopic symptoms: what does it all mean? *Thorax.* 1999;54 Suppl 2:S46–51.
45. Aït-Khaled N, Pearce N, Anderson HR, et al. Global map of the prevalence of symptoms of rhinoconjunctivitis in children: The International Study of Asthma and Allergies in Childhood (ISAAC) Phase Three. *Allergy.* 2009;64(1):123–48.

46. Asher MI, Stewart AW, Mallol J, et al. Which population level environmental factors are associated with asthma, rhinoconjunctivitis and eczema? Review of the ecological analyses of ISAAC Phase One. *Respir Res.* 2010;11:8.
47. Ellwood P, Asher MI, Björkstén B, Burr M, Pearce N, Robertson CF. Diet and asthma, allergic rhinoconjunctivitis and atopic eczema symptom prevalence: an ecological analysis of the International Study of Asthma and Allergies in Childhood (ISAAC) data. ISAAC Phase One Study Group. *Eur Respir J.* 2001;17(3):436–43.
48. Protudjer JL, Sevenhuijsen GP, Ramsey CD, Kozyrskyj AL, Becker AB. Low vegetable intake is associated with allergic asthma and moderate-to-severe airway hyperresponsiveness. *Pediatr Pulmonol.* 2012;47(12):1159–69.
49. Bime C, Wei CY, Holbrook J, Smith LJ, Wise RA. Association of dietary soy genistein intake with lung function and asthma control: a post-hoc analysis of patients enrolled in a prospective multicentre clinical trial. *Prim Care Respir J.* 2012;21(4):398–404.
50. Agrawal S, Pearce N, Ebrahim S. Prevalence and risk factors for self-reported asthma in an adult Indian population: a cross-sectional survey. *Int J Tuberc Lung Dis.* 2013;17(2):275–82.
51. Tsai HJ, Tsai AC. The association of diet with respiratory symptoms and asthma in schoolchildren in Taipei, Taiwan. *J Asthma.* 2007;44(8):599–603.
52. Yusoff NA, Hampton SM, Dickerson JW, Morgan JB. The Effects of exclusion of dietary egg and milk in the management of asthmatic children: a pilot study. *J R Soc Promot Health.* 2004;124(2):74–80.
53. Wood LG, Garg ML, Blake RJ, Garcia-Caraballo S, Gibson PG. Airway and circulating levels of carotenoids in asthma and healthy controls. *J Am Coll Nutr.* 2005;24(6):448–55.
54. Miller ER, Appel LJ, Risby TH. Effect of dietary patterns on measures of lipid peroxidation: results from a randomized clinical trial. *Circulation.* 1998;98(22):2390–5.
55. Wood LG, Garg ML, Smart JM, Scott HA, Barker D, Gibson PG. Manipulating antioxidant intake in asthma: a randomized controlled trial. *Am J Clin Nutr.* 2012;96(3):534–43.
56. Wood LG, Garg ML, Smart JM, Scott HA, Barker D, Gibson PG. Manipulating antioxidant intake in asthma: a randomized controlled trial. *Am J Clin Nutr.* 2012;96(3):534–43.
57. Patel S, Murray CS, Woodcock A, Simpson A, Custovic A. Dietary antioxidant intake, allergic sensitization and allergic diseases in young children. *Allergy.* 2009;64(12):1766–72.
58. Troisi RJ, Willett WC, Weiss ST, Trichopoulos D, Rosner B, Speizer FE. A prospective study of diet and adult-onset asthma. *Am J Respir Crit Care Med.* 1995;151(5):1401–8.
59. Wood LG, Garg ML, Smart JM, Scott HA, Barker D, Gibson PG. Manipulating antioxidant intake in asthma: a randomized controlled trial. *Am J Clin Nutr.* 2012;96(3):534–43.
60. Lindahl O, Lindwall L, Spångberg A, Stenram A, Ockerman PA. Vegan regimen with reduced medication in the treatment of bronchial asthma. *J Asthma.* 1985;22(1):45–55.
61. Lindahl O, Lindwall L, Spångberg A, Stenram A, Ockerman PA. Vegan regimen with reduced medication in the treatment of bronchial asthma. *J Asthma.* 1985;22(1):45–55.
62. Lindahl O, Lindwall L, Spångberg A, Stenram A, Ockerman PA. Vegan regimen with reduced medication in the treatment of bronchial asthma. *J Asthma.* 1985;22(1):45–55.

3. Как не умереть от заболеваний головного мозга

1. Mozaffarian D, Benjamin EJ, Go AS, et al. Heart disease and stroke statistics—2015 update: a report from the American Heart Association. *Circulation*. 2015;131(4):e29–322.
2. Centers for Disease Control and Prevention. Deaths: final data for 2013 table 10. Number of deaths from 113 selected causes. National Vital Statistics Report 2016;64(2).
3. Mozaffarian D, Benjamin EJ, Go AS, et al. Heart disease and stroke statistics—2015 update: a report from the American Heart Association. *Circulation*. 2015;131(4):e29–322.
4. Grau-Olivares M, Arboix A. Mild cognitive impairment in stroke patients with ischemic cerebral small-vessel disease: a forerunner of vascular dementia? *Expert Rev Neurother*. 2009; 9(8):1201–17.
5. Aune D, Chan DS, Lau R, et al. Dietary fibre, whole grains, and risk of colorectal cancer: systematic review and dose-response meta-analysis of prospective studies. *BMJ*. 2011;343:d6617.
6. Aune D, Chan DS, Greenwood DC, et al. Dietary fiber and breast cancer risk: a systematic review and meta-analysis of prospective studies. *Ann Oncol*. 2012;23(6):1394–402.
7. Yao B, Fang H, Xu W, et al. Dietary fiber intake and risk of type 2 diabetes: a dose-response analysis of prospective studies. *Eur J Epidemiol*. 2014;29(2):79–88.
8. Threapleton DE, Greenwood DC, Evans CE, et al. Dietary fibre intake and risk of cardiovascular disease: systematic review and meta-analysis. *BMJ*. 2013;347:f6879.
9. Maskarinec G, Takata Y, Pagano I, et al. Trends and dietary determinants of overweight and obesity in a multiethnic population. *Obesity (Silver Spring)*. 2006;14(4):717–26.
10. Kim Y, Je Y. Dietary fiber intake and total mortality: a meta-analysis of prospective cohort studies. *Am J Epidemiol*. 2014;180(6):565–73.
11. Threapleton DE, Greenwood DC, Evans CE, et al. Dietary fiber intake and risk of first stroke: a systematic review and meta-analysis. *Stroke*. 2013;44(5):1360–8.
12. Clemens R, Kranz S, Mobley AR, et al. Filling America’s fiber intake gap: summary of a roundtable to probe realistic solutions with a focus on grain-based foods. *J Nutr*. 2012;142(7):1390S–401S.
13. Threapleton DE, Greenwood DC, Evans CE, et al. Dietary fiber intake and risk of first stroke: a systematic review and meta-analysis. *Stroke*. 2013;44(5):1360–8.
14. Whitehead A, Beck EJ, Tosh S, Wolever TM. Cholesterol-lowering Effects of oat β -glucan: a meta-analysis of randomized controlled trials. *Am J Clin Nutr*. 2014;100(6):1413–21.
15. Silva FM, Kramer CK, De Almeida JC, Steemburgo T, Gross JL, Azevedo MJ. Fiber intake and glycemic control in patients with type 2 diabetes mellitus: a systematic review with metaanalysis of randomized controlled trials. *Nutr Rev*. 2013;71(12):790–801.
16. Streppel MT, Arends LR, van ’t Veer P, Grobbee DE, Geleijnse JM. Dietary fiber and blood pressure: a meta-analysis of randomized placebo-controlled trials. *Arch Intern Med*. 2005; 165(2):150–6.
17. Centers for Disease Control and Prevention. Deaths: final data for 2013 table 10. Number of deaths from 113 selected causes. National Vital Statistics Report 2016;64(2).
18. van de Laar RJ, Stehouwer CDA, van Bussel BCT, et al. Lower lifetime dietary fiber intake is associated with carotid artery stiffness: the Amsterdam Growth and Health Longitudinal Study. *Am J Clin Nutr*. 2012;96(1):14–23.

19. van de Laar RJ, Stehouwer CDA, van Bussel BCT, et al. Lower lifetime dietary fiber intake is associated with carotid artery stiffness: the Amsterdam Growth and Health Longitudinal Study. *Am J Clin Nutr.* 2012;96(1):14–23.
20. Casiglia E, Tikhonoff V, Caffi S, et al. High dietary fiber intake prevents stroke at a population level. *Clin Nutr.* 2013;32(5):811–8.
21. Tikhonoff V, Palatini P, Casiglia E. Letter by Tikhonoff et al regarding article, “Dietary fiber intake and risk of first stroke: a systematic review and meta-analysis,” *Stroke.* 2013; 44(9): e109.
22. Threapleton DE, Greenwood DC, Burley VJ. Response to letter regarding article, “Dietary fiber intake and risk of first stroke: a systematic review and meta-analysis,” *Stroke.* 2013; 44(9):e110.
23. Eaton SB, Konner M. Paleolithic nutrition. A consideration of its nature and current implications. *N Engl J Med.* 1985;312(5):283–9.
24. Cogswell ME, Zhang Z, Carriquiry AL, et al. Sodium and potassium intakes among US adults: NHANES 2003–2008. *Am J Clin Nutr.* 2012;96(3):647–57.
25. Cogswell ME, Zhang Z, Carriquiry AL, et al. Sodium and potassium intakes among US adults: NHANES 2003–2008. *Am J Clin Nutr.* 2012;96(3):647–57.
26. D’Elia L, Barba G, Cappuccio FP, et al. Potassium intake, stroke, and cardiovascular disease a meta-analysis of prospective studies. *J Am Coll Cardiol.* 2011;57(10):1210–9.
27. U.S. Department of Agriculture. USDA National Nutrient Database for Standard Reference. [http://ndb.nal.usda.gov/ndb/nutrients/index?fg=& nutrient1=306&nutrient2=&nutrient3=&subset=0&sort=c&totC ount=0&offset=0&measureby=g](http://ndb.nal.usda.gov/ndb/nutrients/index?fg=&nutrient1=306&nutrient2=&nutrient3=&subset=0&sort=c&totCount=0&offset=0&measureby=g). 2011. Accessed April 1, 2015.
28. U.S. Department of Agriculture Dietary Guidelines for Americans 2005. Appendix B-1. Food sources of potassium. <http://www.health.gov/dietaryguidelines/dga2005/document/html/appendixb.htm>. July 9, 2008. Accessed May 1, 2015.
29. Hu D, Huang J, Wang Y, Zhang D, Qu Y. Fruits and vegetables consumption and risk of stroke: a meta-analysis of prospective cohort studies. *Stroke.* 2014;45(6):1613–9.
30. Morand C, Dubray C, Milenkovic D, et al. Hesperidin contributes to the vascular protective Effects of orange juice: a randomized crossover study in healthy volunteers. *Am J Clin Nutr.* 2011;93(1):73–80.
31. Takumi H, Nakamura H, Simizu T, et al. Bioavailability of orally administered water-dispersible hesperetin and its Effect on peripheral vasodilatation in human subjects: implication of endothelial functions of plasma conjugated metabolites. *Food Funct.* 2012;3(4):389–98.
32. Patyar S, Patyar RR. Correlation between sleep duration and risk of stroke. *J Stroke Cerebrovasc Dis.* 2015;24(5):905–11.
33. Ikehara S, Iso H, Date C, et al; JACC Study Group. Association of sleep duration with mortality from cardiovascular disease and other causes for Japanese men and women: the JACC study. *Sleep.* 2009;32(3):295–301.
34. Fang J, Wheaton AG, Ayala C. Sleep duration and history of stroke among adults from the USA. *J Sleep Res.* 2014;23(5):531–7.
35. von Ruesten A, Weikert C, Fietze I, et al. Association of sleep duration with chronic diseases in the European Prospective Investigation into Cancer and Nutrition (EPIC)-Potsdam study. *PloS ONE.* 2012;7(1):e30972.

36. Pan A, De Silva DA, Yuan JM, et al. Sleep duration and risk of stroke mortality among Chinese adults: Singapore Chinese health study. *Stroke*. 2014;45(6):1620–5.
37. Leng Y, Cappuccio FP, Wainwright NW, et al. Sleep duration and risk of fatal and nonfatal stroke: a prospective study and meta-analysis. *Neurology*. 2015;84(11):1072–9.
38. Sansevero TB. *The Profit Machine*. Madrid: Cultiva Libros. 2009;59.
39. Harman D. The biologic clock: the mitochondria? *J Am Geriatr Soc*. 1972;20(4):145–7.
40. Chance B, Sies H, Boveris A. Hydroperoxide metabolism in mammalian organs. *Physiol Rev*. 1979;59(3):527–605.
41. Emerit I. Reactive oxygen species, chromosome mutation, and cancer: possible role of clastogenic factors in carcinogenesis. *Free Radic Biol Med*. 1994;16(1):99–109.
42. Rautiainen S, Larsson S, Virtamo J, et al. Total antioxidant capacity of diet and risk of stroke: a population-based prospective cohort of women. *Stroke*. 2012;43(2):335–40.
43. Del Rio D, Agnoli C, Pellegrini N, et al. Total antioxidant capacity of the diet is associated with lower risk of ischemic stroke in a large Italian cohort. *J Nutr*. 2011;141(1):118–23.
44. Satia JA, Littman A, Slatore CG, Galanko JA, White E. Long-term use of beta-carotene, retinol, lycopene, and lutein supplements and lung cancer risk: results from the VITamins And Lifestyle (VITAL) study. *Am J Epidemiol*. 2009;169(7):815–28.
45. Hankey GJ. Vitamin supplementation and stroke prevention. *Stroke*. 2012;43(10):2814–8.
46. Carlsen MH, Halvorsen BL, Holte K, et al. The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. *Nutr J*. 2010 Jan 22;9:3.
47. Yang M, Chung SJ, Chung CE, et al. Estimation of total antioxidant capacity from diet and supplements in US adults. *Br J Nutr*. 2011;106(2):254–63.
48. Carlsen MH, Halvorsen BL, Holte K, et al. The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. *Nutr J*. 2010 Jan 22;9:3.
49. Bastin S, Henken K. Water Content of Fruits and Vegetables. ENRI-129. University of Kentucky College of Agriculture Cooperative Extension Service. <http://www2.ca.uky.edu/enri/pubs/enri129.pdf>. December 1997. Accessed March 3, 2015.
50. Carlsen MH, Halvorsen BL, Holte K, et al. The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. *Nutr J*. 2010 Jan 22;9:3.
51. Carlsen MH, Halvorsen BL, Holte K, et al. The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. *Nutr J*. 2010 Jan 22;9:3.
52. Kelly PJ, Morrow JD, Ning M, et al. Oxidative stress and matrix metalloproteinase-9 in acute ischemic stroke: the Biomarker Evaluation for Antioxidant Therapies in Stroke (BEAT-Stroke) study. *Stroke*. 2008;39(1):100–4.
53. Lilamand M, Kelaiditi E, Guyonnet S, et al. Flavonoids and arterial stiffness: promising perspectives. *Nutr Metab Cardiovasc Dis*. 2014;24(7):698–704.
54. Santhakumar AB, Bulmer AC, Singh I. A review of the mechanisms and Effectiveness of dietary polyphenols in reducing oxidative stress and thrombotic risk. *J Hum Nutr Diet*. 2014;27(1): 1–21.
55. Stoclet JC, Chataigneau T, Ndiaye M, et al. Vascular protection by dietary polyphenols. *Eur J Pharmacol*. 2004;500(1–3):299–313.

56. Moylan S, Berk M, Dean OM, et al. Oxidative & nitrosative stress in depression: why so much stress?. *Neurosci Biobehav Rev.* 2014;45:46–62.
57. Watzl B. Anti-inflammatory effects of plant-based foods and of their constituents. *Int J Vitam Nutr Res.* 2008;78(6):293–8.
58. Franzini L, Ardigò D, Valtueña S, et al. Food selection based on high total antioxidant capacity improves endothelial function in a low cardiovascular risk population. *Nutr Metab Cardiovasc Dis.* 2012;22(1):50–7.
59. Alzheimer's Association factsheet. http://www.alz.org/documents_custom/2013_facts_figures_fact_sheet.pdf. March 2013. Accessed April 3, 2015.
60. de la Torre JC. A turning point for Alzheimer's disease? *Biofactors.* 2012;38(2):78–83.
61. de la Torre JC. Alzheimer's disease is incurable but preventable. *J Alzheimers Dis.* 2010; 20(3):861–70.
62. Barnes DE, Yaffe K. The projected effect of risk factor reduction on Alzheimer's disease prevalence. *Lancet Neurol.* 2011;10(9):819–28.
63. Singh-Manoux A, Kivimaki M, Glymour MM, et al. Timing of onset of cognitive decline: results from Whitehall II prospective cohort study. *BMJ.* 2012;344:d7622.
64. Roher AE, Tyas SL, Maarouf CL, et al. Intracranial atherosclerosis as a contributing factor to Alzheimer's disease dementia. *Alzheimers Dement.* 2011;7(4):436–44.
65. Barnard ND, Bush AI, Ceccarelli A, et al. Dietary and lifestyle guidelines for the prevention of Alzheimer's disease. *Neurobiol Aging.* 2014;35 Suppl 2:S74–8.
66. Ramirez-Bermudez J. Alzheimer's disease: critical notes on the history of a medical concept. *Arch Med Res.* 2012;43(8):595–9.
67. Alzheimer A, Stelzmann RA, Schnitzlein HN, Murtagh FR. An English translation of Alzheimer's 1907 paper, "Über eine eigenartige Erkrankung der Hirnrinde." *Clin Anat.* 1995; 8(6):429–31.
68. Kovacic JC, Fuster V. Atherosclerotic risk factors, vascular cognitive impairment, and Alzheimer disease. *Mt Sinai J Med.* 2012;79:664–73.
69. Cardiogenic Dementia. *Lancet.* 1977;1(8001):27–8.
70. Roher AE, Tyas SL, Maarouf CL, et al. Intracranial atherosclerosis as a contributing factor to Alzheimer's disease dementia. *Alzheimers Dement.* 2011;7(4):436–44.
71. Roher AE, Tyas SL, Maarouf CL, et al. Intracranial atherosclerosis as a contributing factor to Alzheimer's disease dementia. *Alzheimers Dement.* 2011;7(4):436–44.
72. Yarchoan M, Xie SX, Kling MA, et al. Cerebrovascular atherosclerosis correlates with Alzheimer pathology in neurodegenerative dementias. *Brain.* 2012;135(Pt 12):3749–56.
73. Honig LS, Kukull W, Mayeux R. Atherosclerosis and AD: analysis of data from the US National Alzheimer's Coordinating Center. *Neurology.* 2005;64(3):494–500.
74. de la Torre JC. Vascular risk factors: a ticking time bomb to Alzheimer's disease. *Am J Alzheimers Dis Other Demen.* 2013;28(6):551–9.
75. Roher AE, Tyas SL, Maarouf CL, et al. Intracranial atherosclerosis as a contributing factor to Alzheimer's disease dementia. *Alzheimers Dement.* 2011;7(4):436–44.
76. de la Torre JC. Vascular basis of Alzheimer's pathogenesis. *Ann N Y Acad Sci.* 2002;977:196–215.

77. Zhu J, Wang Y, Li J, et al. Intracranial artery stenosis and progression from mild cognitive impairment to Alzheimer disease. *Neurology*. 2014;82(10):842–9.
78. Deschaintre Y, Richard F, Leys D, Pasquier F. Treatment of vascular risk factors is associated with slower decline in Alzheimer disease. *Neurology*. 2009;73(9):674–80.
79. Mizuno T, Nakata M, Naiki H, et al. Cholesterol-dependent generation of a seeding amyloid beta-protein in cell culture. *J Biol Chem*. 1999;274(21):15110–4.
80. Trumbo PR, Shimakawa T. Tolerable upper intake levels for trans fat, saturated fat, and cholesterol. *Nutr Rev*. 2011;69(5):270–8.
81. Benjamin MM, Roberts WC. Facts and principles learned at the 39th Annual Williamsburg Conference on Heart Disease. *Proc (Bayl Univ Med Cent)*. 2013;26(2):124–36.
82. Corsinovi L, Biasi F, Poli G, et al. Dietary lipids and their oxidized products in Alzheimer’s disease. *Mol Nutr Food Res*. 2011;55 Suppl 2:S161–72.
83. Harris JR, Milton NGN. Cholesterol in Alzheimer’s disease and other amyloidogenic disorders. *Subcell Biochem*. 2010;51:47–75.
84. Puglielli L, Tanzi RE, Kovacs DM. Alzheimer’s disease: the cholesterol connection. *Nat Neurosci*. 2003;6(4):345–51.
85. Harris JR, Milton NGN. Cholesterol in Alzheimer’s disease and other amyloidogenic disorders. *Subcell Biochem*. 2010;51:47–75.
86. Reed B, Villeneuve S, Mack W, et al. Associations between serum cholesterol levels and cerebral amyloidosis. *JAMA Neurol*. 2014;71(2):195–200.
87. US Food and Drug Administration. Important safety label changes to cholesterol-lowering statin drugs. Silver Spring, MD: US Department of Health and Human Services; 2012. <http://www.fda.gov/Drugs/DrugSafety/ucm293101.htm>. July 7, 2012. Accessed April 2, 2015.
88. Rojas-Fernandez CH, Cameron JC. Is statin-associated cognitive impairment clinically relevant? A narrative review and clinical recommendations. *Ann Pharmacother*. 2012;46(4): 549–57.
89. Grant WB. Dietary links to Alzheimer’s disease. *Alzheimer Dis Rev*. 1997;2:42–55.
90. Chandra V, Pandav R, Dodge HH, et al. Incidence of Alzheimer’s disease in a rural community in India: the Indo-US study. *Neurology*. 2001;57(6):985–9.
91. White L, Petrovitch H, Ross GW, et al. Prevalence of dementia in older Japanese-American men in Hawaii: The Honolulu-Asia aging study. *JAMA*. 1996;276(12):955–60.
92. Grant WB. Dietary links to Alzheimer’s disease. *Alzheimer Dis Rev*. 1997;2:42–55.
93. Grant WB. Trends in diet and Alzheimer’s disease during the nutrition transition in Japan and developing countries. *J Alzheimers Dis*. 2014;38(3):611–20.
94. Chan KY, Wang W, Wu JJ, et al. Epidemiology of Alzheimer’s disease and other forms of dementia in China, 1990–2010: A systematic review and analysis. *Lancet*. 2013;381(9882): 2016–23.
95. Grant WB. Trends in diet and Alzheimer’s disease during the nutrition transition in Japan and developing countries. *J Alzheimers Dis*. 2014;38(3):611–20.
96. Chandra V, Ganguli M, Pandav R, et al. Prevalence of Alzheimer’s disease and other dementias in rural India: the Indo-US study. *Neurology*. 1998;51(4):1000–8.

97. Shetty PS. Nutrition transition in India. *Public Health Nutr.* 2002;5(1A):175–82.
98. Giem P, Beeson WL, Fraser GE. The incidence of dementia and intake of animal products: preliminary findings from the Adventist Health Study. *Neuroepidemiology.* 1993;12(1):28–36.
99. Roses AD, Saunders AM. APOE is a major susceptibility gene for Alzheimer's disease. *Curr Opin Biotechnol.* 1994;5(6):663–7.
100. Puglielli L, Tanzi RE, Kovacs DM. Alzheimer's disease: the cholesterol connection. *Nat Neurosci.* 2003;6(4):345–51.
101. Chen X, Hui L, Soliman ML, Geiger JD. Altered cholesterol intracellular trafficking and the development of pathological hallmarks of sporadic AD. *J Parkinsons Dis Alzheimers Dis.* 2014;1(1).
102. Sepehrnia B, Kamboh MI, Adams-Campbell LL, et al. Genetic studies of human apolipoproteins.X. The effect of the apolipoprotein E polymorphism on quantitative levels of lipoproteins in Nigerian blacks. *Am J Hum Genet.* 1989;45(4):586–91.
103. Grant WB. Dietary links to Alzheimer's disease. *Alzheimer Dis Rev.* 1997;2:42–55.
104. Sepehrnia B, Kamboh MI, Adams-Campbell LL, et al. Genetic studies of human apolipoproteins. X. The Effect of the apolipoprotein E polymorphism on quantitative levels of lipoproteins in Nigerian blacks. *Am J Hum Genet.* 1989;45(4):586–91.
105. Hendrie HC, Murrell J, Gao S, Unverzagt FW, Ogunniyi A, Hall KS. International studies in dementia with particular emphasis on populations of African origin. *Alzheimer Dis Assoc Disord.* 2006;20(3 Suppl 2):S42–6.
106. Kivipelto M, Helkala EL, Laakso MP, et al. Apolipoprotein E epsilon4 allele, elevated midlife total cholesterol level, and high midlife systolic blood pressure are independent risk factors for late-life Alzheimer disease. *Ann Intern Med.* 2002;137(3):149–55.
107. Kivipelto M, Helkala EL, Laakso MP, et al. Apolipoprotein E epsilon4 allele, elevated midlife total cholesterol level, and high midlife systolic blood pressure are independent risk factors for late-life Alzheimer disease. *Ann Intern Med.* 2002;137(3):149–55.
108. Jost BC, Grossberg GT. The natural history of Alzheimer's disease: a brain bank study. *J Am Geriatr Soc.* 1995;43(11):1248–55.
109. Del Tredici K, Braak H. Neurofibrillary changes of the Alzheimer type in very elderly individuals: neither inevitable nor benign: Commentary on 'No disease in the brain of a 115-year-old woman.' *Neurobiol Aging.* 2008;29(8):1133–6.
110. Barnard ND, Bush AI, Ceccarelli A, et al. Dietary and lifestyle guidelines for the prevention of Alzheimer's disease. *Neurobiol Aging.* 2014;35 Suppl 2:S74–8.
111. Lourida I, Soni M, Thompson-Coon J, et al. Mediterranean diet, cognitive function, and dementia: a systematic review. *Epidemiology.* 2013;24(4):479–89.
112. Roberts RO, Geda YE, Cerhan JR, et al. Vegetables, unsaturated fats, moderate alcohol intake, and mild cognitive impairment. *Dementia and Geriatric Cognitive Disorders.* 2010;29(5):413–23.
113. Okereke OI, Rosner BA, Kim DH, et al. Dietary fat types and 4-year cognitive change in community-dwelling older women. *Ann Neurol.* 2012;72(1):124–34.
114. Parletta N, Milte CM, Meyer BJ. Nutritional modulation of cognitive function and mental health. *J Nutr Biochem.* 2013;24(5):725–43.

115. Essa MM, Vijayan RK, Castellano-Gonzalez G, Memon MA, Braidy N, Guillemin GJ. Neuroprotective effect of natural products against Alzheimer's disease. *Neurochem Res.* 2012; 37(9):1829–42.
116. Shukitt-Hale B. Blueberries and neuronal aging. *Gerontology.* 2012;58(6):518–23.
117. Cherniack EP. A berry thought-provoking idea: the potential role of plant polyphenols in the treatment of age-related cognitive disorders. *Br J Nutr.* 2012;108(5):794–800.
118. Johnson EJ. A possible role for lutein and zeaxanthin in cognitive function in the elderly. *Am J Clin Nutr.* 2012;96(5):1161S–5S.
119. Krikorian R, Shidler MD, Nash TA, et al. Blueberry supplementation improves memory in older adults. *J Agric Food Chem.* 2010;58(7):3996–4000.
120. Devore EE, Kang JH, Breteler MMB, et al. Dietary intakes of berries and flavonoids in relation to cognitive decline. *Ann Neurol.* 2012;72(1):135–43.
121. Dai Q, Borenstein AR, Wu Y, et al. Fruit and vegetable juices and Alzheimer's disease: the Kame Project. *Am J Med.* 2006;119(9):751–9.
122. Krikorian R, Nash TA, Shidler MD, Shukitt-Hale B, Joseph JA. Concord grape juice supplementation improves memory function in older adults with mild cognitive impairment. *Br J Nutr.* 2010;103(5):730–4.
123. Nurk E, Refsum H, Drevon CA, et al. Cognitive performance among the elderly in relation to the intake of plant foods. The Hordaland Health Study. *Br J Nutr.* 2010;104(8):1190–201.
124. Mullen W, Marks SC, Crozier A. Evaluation of phenolic compounds in commercial fruit juices and fruit drinks. *J Agric Food Chem.* 2007;55(8):3148–57.
125. Tarozzi A, Morroni F, Merlicco A, et al. Neuroprotective Effects of cyanidin 3-O-glucopyranoside on amyloid beta (25–35) oligomer-induced toxicity. *Neurosci Lett.* 2010;473(2):72–6.
126. Hattori M, Sugino E, Minoura K, et al. Different inhibitory response of cyanidin and methylene blue for filament formation of tau microtubule-binding domain. *Biochem Biophys Res Commun.* 2008;374(1):158–63.
127. Mandel SA, Weinreb O, Amit T, Youdim MB. Molecular mechanisms of the neuroprotective/neurorescue action of multi-target green tea polyphenols. *Front Biosci (Schol Ed).* 2012; 4:581–98.
128. Ward RJ, Zucca FA, Duyn JH, Crichton RR, Zecca L. The role of iron in brain ageing and neurodegenerative disorders. *Lancet Neurol.* 2014;13(10):1045–60.
129. Hishikawa N, Takahashi Y, Amakusa Y, et al. Effects of turmeric on Alzheimer's disease with behavioral and psychological symptoms of dementia. *Ayu.* 2012;33(4):499–504.
130. Akhondzadeh S, Sabet MS, Harirchian MH, et al. Saffron in the treatment of patients with mild to moderate Alzheimer's disease: a 16-week, randomized and placebo-controlled trial. *J Clin Pharm Ther.* 2010;35(5):581–8.
131. Akhondzadeh S, Shafiee Sabet M, Harirchian MH, et al. A 22-week, multicenter, randomized, double-blind controlled trial of Crocus sativus in the treatment of mild-to-moderate Alzheimer's disease. *Psychopharmacology (Berl).* 2010;207(4):637–43.
132. Hyde C, Peters J, Bond M, et al. Evolution of the evidence on the Effectiveness and costeffectiveness of acetylcholinesterase inhibitors and memantine for Alzheimer's disease: systematic review and economic model. *Age Ageing.* 2013;42(1):14–20.

133. US Food and Drug Administration. ARICEPT® (Donepezil Hydrochloride Tablets) package insert. <http://www.fda.gov/downloads/Drugs/GuidanceComplianceRegulatoryInformation/Surveillance/DrugMarketingAdvertisingandCommunications/UCM368444.pdf>. Accessed April 2, 2015.
134. Toledo C, Saltsman K. Genetics by the Numbers. Inside Life Science, Bethesda, MD: National Institute of General Medical Sciences. <http://publications.nigms.nih.gov/insidelifescience/genetics-numbers.html>. June 11, 2012. Accessed March 3, 2015.
135. Mostoslavsky R, Esteller M, Vaquero A. At the crossroad of lifespan, calorie restriction, chromatin and disease: meeting on sirtuins. *Cell Cycle*. 2010;9(10):1907–12.
136. Julien C, Tremblay C, Emond V, et al. Sirtuin 1 reduction parallels the accumulation of tau in Alzheimer disease. *J Neuropathol Exp Neurol*. 2009;68(1):48–58.
137. Cai W, Uribarri J, Zhu L, et al. Oral glycotoxins are a modifiable cause of dementia and the metabolic syndrome in mice and humans. *Proc Natl Acad Sci USA*. 2014;111(13):4940–5.
138. Cai W, Uribarri J, Zhu L, et al. Oral glycotoxins are a modifiable cause of dementia and the metabolic syndrome in mice and humans. *Proc Natl Acad Sci USA*. 2014;111(13):4940–5.
139. Rahmadi A, Steiner N, Munch G. Advanced glycation endproducts as gerontotoxins and biomarkers for carbonyl-based degenerative processes in Alzheimer's disease. *Clin Chem Lab Med*. 2011;49(3):385–91.
140. Semba RD, Nicklett EJ, Ferrucci L. Does accumulation of advanced glycation end products contribute to the aging phenotype? *J Gerontol A Biol Sci Med Sci*. 2010;65(9):963–75.
141. Srikanth V, Westcott B, Forbes J, et al. Methylglyoxal, cognitive function and cerebral atrophy in older people. *J Gerontol A Biol Sci Med Sci*. 2013;68(1):68–73.
142. Cai W, Uribarri J, Zhu L, et al. Oral glycotoxins are a modifiable cause of dementia and the metabolic syndrome in mice and humans. *Proc Natl Acad Sci USA*. 2014;111(13):4940–5.
143. Beeri MS, Moshier E, Schmeidler J, et al. Serum concentration of an inflammatory glycotoxin, methylglyoxal, is associated with increased cognitive decline in elderly individuals. *Mech Ageing Dev*. 2011;132(11–12):583–7.
144. Yaffe K, Lindquist K, Schwartz AV, et al. Advanced glycation end product level, diabetes, and accelerated cognitive aging. *Neurology*. 2011;77(14):1351–6.
145. Angeloni C, Zambonin L, Hrelia S. Role of methylglyoxal in Alzheimer's disease. *Biomed Res Int*. 2014;2014:238485.
146. Vlassara H, Cai W, Goodman S, et al. Protection against loss of innate defenses in adulthood by low advanced glycation end products (AGE) intake: role of the antiinflammatory AGE receptor-1. *J Clin Endocrinol Metab*. 2009;94(11):4483–91.
147. Cerami C, Founds H, Nicholl I, et al. Tobacco smoke is a source of toxic reactive glycation products. *Proc Natl Acad Sci USA*. 1997;94(25):13915–20.
148. Uribarri J, Cai W, Sandu O, Peppa M, Goldberg T, Vlassara H. Diet-derived advanced glycation end products are major contributors to the body's AGE pool and induce inflammation in healthy subjects. *Ann N Y Acad Sci*. 2005;1043:461–6.
149. Uribarri J, Cai W, Sandu O, Peppa M, Goldberg T, Vlassara H. Diet-derived advanced glycation end products are major contributors to the body's AGE pool and induce inflammation in healthy subjects. *Ann N Y Acad Sci*. 2005;1043:461–6.

150. Urielbarri J, Woodruff S, Goodman S, et al. Advanced glycation end products in foods and a practical guide to their reduction in the diet. *J Am Diet Assoc.* 2010;110(6):911–6.e12.
151. Urielbarri J, Woodruff S, Goodman S, et al. Advanced glycation end products in foods and a practical guide to their reduction in the diet. *J Am Diet Assoc.* 2010;110(6):911–6.e12.
152. Urielbarri J, Woodruff S, Goodman S, et al. Advanced glycation end products in foods and a practical guide to their reduction in the diet. *J Am Diet Assoc.* 2010;110(6):911–6.e12.
153. Cai W, Urielbarri J, Zhu L, et al. Oral glycotoxins are a modifiable cause of dementia and the metabolic syndrome in mice and humans. *Proc Natl Acad Sci USA.* 2014;111(13):4940–5.
154. Baker LD, Frank LL, Foster-Schubert K, et al. Effects of aerobic exercise on mild cognitive impairment: a controlled trial. *Arch Neurol.* 2010;67(1):71–9.
155. Baker LD, Frank LL, Foster-Schubert K, et al. Effects of aerobic exercise on mild cognitive impairment: a controlled trial. *Arch Neurol.* 2010;67(1):71–9.
156. Erickson KI, Voss MW, Prakash RS, et al. Exercise training increases size of hippocampus and improves memory. *Proc Natl Acad Sci USA.* 2011;108(7):3017–22.
157. ten Brinke LF, Bolandzadeh N, Nagamatsu LS, et al. Aerobic exercise increases hippocampal volume in older women with probable mild cognitive impairment: a 6-month randomised controlled trial. *Br J Sports Med.* 2015;49(4):248–54.

4. Как не умереть от рака ЖКТ

1. Liu PH, Wang JD, Keating NL. Expected years of life lost for six potentially preventable cancers in the United States. *Prev Med.* 2013;56(5):309–13.
2. Bertram JS, Kolonel LN, Meyskens FL. Rationale and strategies for chemoprevention of cancer in humans. *Cancer Res.* 1987;47(11):3012–31.
3. Hasleton PS. The internal surface area of the adult human lung. *J Anat.* 1972;112(Pt 3):391–400.
4. Macdonald TT, Monteleone G. Immunity, inflammation, and allergy in the gut. *Science.* 2005;307(5717):1920.
5. What are the key statistics about colorectal cancer? American Cancer Society website. <http://www.cancer.org/cancer/colonandrectumcancer/detailedguide/colorectal-cancer-key-statistics>. Accessed March 3, 2015.
6. What are the key statistics about pancreatic cancer? American Cancer Society website. <http://www.cancer.org/cancer/pancreaticcancer/detailedguide/pancreatic-cancer-key-statistics>. Accessed March 3, 2015.
7. American Cancer Society. Cancer Facts & Figures 2014. Atlanta: American Cancer Society; 2014.
8. What are the key statistics about colorectal cancer? American Cancer Society website. <http://www.cancer.org/cancer/colonandrectumcancer/detailedguide/colorectal-cancer-key-statistics>. Accessed March 3, 2015.
9. American Cancer Society. Cancer Facts & Figures 2014. Atlanta: American Cancer Society; 2014.
10. Screening for Colorectal Cancer. US Preventive Services Task Force website. <http://www.uspreventiveservicestaskforce.org/Home/GetFile/1/467/colcancsumm/pdf>. Accessed March 3, 2015.
11. International Monetary Fund. World Economic Outlook Database. <http://bit.ly/1bNdlWu>. April 2015. Accessed May 2, 2015.

12. World Bank. World Development Indicators. <http://data.worldbank.org/country/india>. 2011. Accessed May 2, 2015.
13. Bengmark S, Mesa MD, Gill A. Plant-derived health: the Effects of turmeric and curcuminoids. *Nutr Hosp.* 2009;24(3):273–81.
14. Hutchins-Wolfbrandt A, Mistry AM. Dietary turmeric potentially reduces the risk of cancer. *Asian Pac J Cancer Prev.* 2011;12(12):3169–73.
15. Sharma RA, Euden SA, Platton SL, et al. Phase I clinical trial of oral curcumin: biomarkers of systemic activity and compliance. *Clin Cancer Res.* 2004;10(20):6847–54.
16. Carroll RE, Benya RV, Turgeon DK, et al. Phase IIa clinical trial of curcumin for the prevention of colorectal neoplasia. *Cancer Prev Res (Phila).* 2011;4(3):354–64.
17. Cruz-Correia M, Shoskes DA, Sanchez P, et al. Combination treatment with curcumin and quercetin of adenomas in familial adenomatous polyposis. *Clin Gastroenterol Hepatol.* 2006; 4(8): 1035–8.
18. Sharma RA, McLelland HR, Hill KA, et al. Pharmacodynamic and pharmacokinetic study of oral Curcuma extract in patients with colorectal cancer. *Clin Cancer Res.* 2001;7(7):1894–900.
19. Singh S. From exotic spice to modern drug? *Cell.* 2007;130(5):765–8.
20. International Institute for Population Sciences & Macro International: National Family Health Survey (NFHS-3), 2005–06: India: Vol. I. Mumbai: IIPS; 2007.
21. Cummings JH, Bingham SA, Heaton KW, Eastwood MA. Fecal weight, colon cancer risk, and dietary intake of nonstarch polysaccharides (dietary fiber). *Gastroenterology.* 1992; 103(6): 1783–9.
22. Gear JS, Brodrrib AJ, Ware A, Mann JI. Fibre and bowel transit times. *Br J Nutr.* 1981;45(1): 77–82.
23. Burkitt DP, Walker AR, Painter NS. Effect of dietary fibre on stools and the transit-times, and its role in the causation of disease. *Lancet.* 1972;2(7792):1408–12.
24. Sonnenberg A, Koch TR. Physician visits in the United States for constipation: 1958 to 1986. *Dig Dis Sci.* 1989;34(4):606–11.
25. Burkitt DP. A deficiency of dietary fiber may be one cause of certain colonic and venous disorders. *Am J Dig Dis.* 1976;21(2):104–8.
26. Fox A, Tietze PH, Ramakrishnan K. Anorectal conditions: anal fissure and anorectal fistula. *FP Essent.* 2014;419:20–7.
27. Burkitt DP. A deficiency of dietary fiber may be one cause of certain colonic and venous disorders. *Am J Dig Dis.* 1976;21(2):104–8.
28. Sanjoaquin MA, Appleby PN, Spencer EA, Key TJ. Nutrition and lifestyle in relation to bowel movement frequency: a cross-sectional study of 20630 men and women in EPIC-Oxford. *Public Health Nutr.* 2004;7(1):77–83.
29. What are the key statistics about colorectal cancer? American Cancer Society website. <http://www.cancer.org/cancer/colonandrectumcancer/detailedguide/colorectal-cancer-key-statistics>. Accessed March 3, 2015.
30. Doll R. The geographical distribution of cancer. *Br J Cancer.* 1969;23(1):1–8.
31. Lipski E. Traditional non-Western diets. *Nutr Clin Pract.* 2010;25(6):585–93.

32. Burkitt DP. Epidemiology of cancer of the colon and rectum. 1971. *Dis. Colon Rectum.* 1993; 36(11): 1071–82.
33. Shaper AG, Jones KW. Serum-cholesterol, diet, and coronary heart-disease in Africans and Asians in Uganda: 1959. *Int J Epidemiol.* 2012;41(5):1221–5.
34. Malila N, Hakulinen T. Epidemiological trends of colorectal cancer in the Nordic countries. *Scand J Surg.* 2003;92(1):5–9.
35. Englyst HN, Bingham SA, Wiggins HS, et al. Nonstarch polysaccharide consumption in four Scandinavian populations. *Nutr Cancer.* 1982;4(1):50–60.
36. Graf E, Eaton JW. Dietary suppression of colonic cancer. Fiber or phytate? *Cancer.* 1985; 56(4): 717–8.
37. Fonseca-Nunes A, Jakobsen P, Agudo A. Iron and cancer risk—a systematic review and metaanalysis of the epidemiological evidence. *Cancer Epidemiol Biomarkers Prev.* 2014;23(1): 12–31.
38. Mellanby E. The rickets-producing and anti-calcifying action of phytate. *J Physiol.* 1949; 109(3–4):488–533.
39. House WA, Welch RM, Van Campen DR. Effect of phytic acid on the absorption, distribution, and endogenous excretion of zinc in rats. *J Nutr.* 1982;112(5):941–53.
40. Urbano G, López-Jurado M, Aranda P, Vidal-Valverde C, Tenorio E, Porres J. The role of phytic acid in legumes: antinutrient or beneficial function? *J Physiol Biochem.* 2000;56(3):283–94.
41. López-González AA, Grases F, Roca P, Mari B, Vicente-Herrero MT, Costa-Bauzá A. Phytate (myo-inositol hexaphosphate) and risk factors for osteoporosis. *J Med Food.* 2008;11(4): 747–52.
42. López-González AA, Grases F, Monroy N, et al. Protective effect of myo-inositol hexaphosphate (phytate) on bone mass loss in postmenopausal women. *Eur J Nutr.* 2013;52(2): 717–26.
43. Arriero Mdel M, Ramis JM, Perelló J, Monjo M. Inositol hexakisphosphate inhibits osteoclastogenesis on RAW 264.7 cells and human primary osteoclasts. *PLoS ONE.* 2012;7(8):e43187.
44. Khosla S, Burr D, Cauley J, et al. Bisphosphonate-associated osteonecrosis of the jaw: report of a task force of the American Society for Bone and Mineral Research. *J Bone Miner Res.* 2007; 22(10):1479–91.
45. Singh PN, Fraser GE. Dietary risk factors for colon cancer in a low-risk population. *Am J Epidemiol.* 1998;148(8):761–74.
46. Manousos O, Day NE, Trichopoulos D, Gerovassilis F, Tzonou A, Polychronopoulou A. Diet and colorectal cancer: A case-control study in Greece. *Int J Cancer.* 1983;32(1):1–5.
47. Lanza E, Hartman TJ, Albert PS, et al. High dry bean intake and reduced risk of advanced colorectal adenoma recurrence among participants in the polyp prevention trial. *J Nutr.* 2006; 136(7):1896–1903.
48. Vučenik I, Shamsuddin AM. Protection against cancer by dietary IP6 and inositol. *Nutr Cancer.* 2006;55(2):109–25.
49. Vučenik I, Shamsuddin AM. Cancer inhibition by inositol hexaphosphate (IP6) and inositol: from laboratory to clinic. *J Nutr.* 2003;133(11-Suppl-1):3778S–84S.
50. Ogawa S, Kobayashi H, Amada S, et al. Sentinel node detection with (99m)Tc phytate alone is satisfactory for cervical cancer patients undergoing radical hysterectomy and pelvic lymphadenectomy. *Int J Clin Oncol.* 2010;15(1):52–8.

51. Vukenik I, Shamsuddin AM. Protection against cancer by dietary IP6 and inositol. *Nutr Cancer*. 2006;55(2):109–25.
52. Vukenik I, Passaniti A, Vitolo MI, Tantivejkul K, Eggleton P, Shamsuddin AM. Anti-angiogenic activity of inositol hexaphosphate (IP6). *Carcinogenesis*. 2004;25(11):2115–23.
53. Wang H, Khor TO, Shu L, et al. Plants vs. cancer: a review on natural phytochemicals in preventing and treating cancers and their druggability. *Anticancer Agents Med Chem*. 2012; 12(10): 1281–305.
54. Yang GY, Shamsuddin AM. IP6-induced growth inhibition and differentiation of HT-29 human colon cancer cells: involvement of intracellular inositol phosphates. *Anticancer Res*. 1995;15 (6B): 2479–87.
55. Shamsuddin AM, Yang GY, Vukenik I. Novel anti-cancer functions of IP6: growth inhibition and differentiation of human mammary cancer cell lines in vitro. *Anticancer Res*. 1996;16(6A): 3287–92.
56. Vukenik I, Tantivejkul K, Zhang ZS, Cole KE, Saied I, Shamsuddin AM. IP6 in treatment of liver cancer. I. IP6 inhibits growth and reverses transformed phenotype in HepG2 human liver cancer cell line. *Anticancer Res*. 1998;18(6A):4083–90.
57. Shamsuddin AM, Yang GY. Inositol hexaphosphate inhibits growth and induces differentiation of PC-3 human prostate cancer cells. *Carcinogenesis*. 1995;16(8):1975–9.
58. Shamsuddin AM. Anti-cancer function of phytic acid. *Int J Food Sci Tech*. 2002;37(7):769–82.
59. Sun J, Chu YF, Wu X, Liu RH. Antioxidant and antiproliferative activities of common fruits. *J Agric Food Chem*. 2002;50(25):7449–54.
60. Olsson ME, Andersson CS, Oredsson S, Berglund RH, Gustavsson KE. Antioxidant levels and inhibition of cancer cell proliferation in vitro by extracts from organically and conventionally cultivated strawberries. *J Agric Food Chem*. 2006;54(4):1248–55.
61. Graham DJ, Campen D, Hui R, et al. Risk of acute myocardial infarction and sudden cardiac death in patients treated with cyclo-oxygenase 2 selective and non-selective non-steroidal antiinflammatory drugs: nested case-control study. *Lancet*. 2005;365(9458):475–81.
62. Wang LS, Burke CA, Hasson H, et al. A phase Ib study of the effects of black raspberries on rectal polyps in patients with familial adenomatous polyposis. *Cancer Prev Res (Phila)*. 2014;7(7): 666–74.
63. Wang LS, Burke CA, Hasson H, et al. A phase Ib study of the effects of black raspberries on rectal polyps in patients with familial adenomatous polyposis. *Cancer Prev Res (Phila)*. 2014;7(7): 666–74.
64. Pan A, Sun Q, Bernstein AM, et al. Red meat consumption and mortality: Results from 2 prospective cohort studies. *Arch Intern Med*. 2012;172(7):555–63.
65. Sinha R, Cross AJ, Graubard BI, Leitzmann MF, Schatzkin A. Meat intake and mortality: a prospective study of over half a million people. *Arch Intern Med*. 2009;169(6):562–71.
66. Popkin BM. Reducing meat consumption has multiple benefits for the world's health. *Arch Intern Med*. 2009;169(6):543.
67. Dixon SJ, Stockwell BR. The role of iron and reactive oxygen species in cell death. *Nat Chem Biol*. 2014;10(1):9–17.
68. Hurrell R, Egli I. Iron bioavailability and dietary reference values. *Am J Clin Nutr*. 2010;91(5): 1461S–7S.
69. Cook JD. Adaptation in iron metabolism. *Am J Clin Nutr*. 1990;51(2):301–8.

70. Fonseca-Nunes A, Jakuszyn P, Agudo A. Iron and cancer risk—a systematic review and metaanalysis of the epidemiological evidence. *Cancer Epidemiol Biomarkers Prev.* 2014;23(1):12–31.
71. Yang W, Li B, Dong X, et al. Is heme iron intake associated with risk of coronary heart disease? A meta-analysis of prospective studies. *Eur J Nutr.* 2014;53(2):395–400.
72. Bao W, Rong Y, Rong S, Liu L. Dietary iron intake, body iron stores, and the risk of type 2 diabetes: a systematic review and meta-analysis. *BMC Med.* 2012;10:119.
73. Zacharski LR, Chow BK, Howes PS, et al. Decreased cancer risk after iron reduction in patients with peripheral arterial disease: results from a randomized trial. *J Natl Cancer Inst.* 2008;100(14):996–1002.
74. Edgren G, Nyrén O, Melbye M. Cancer as a ferrotoxic disease: are we getting hard stainless evidence? *J Natl Cancer Inst.* 2008;100(14):976–7.
75. Corpet DE. Red meat and colon cancer: should we become vegetarians, or can we make meat safer? *Meat Sci.* 2011;89(3):310–6.
76. Farmer B, Larson BT, Fulgoni VL 3rd, Rainville AJ, Liepa GU. A vegetarian dietary pattern as a nutrient-dense approach to weight management: an analysis of the national health and nutrition examination survey 1999–2004. *J Am Diet Assoc.* 2011;111(6):819–27.
77. Iron deficiency—United States, 1999–2000. *MMWR Morb Mortal Wkly Rep.* 2002;51(40): 897–9.
78. Craig WJ, Mangels AR. Position of the American Dietetic Association: vegetarian diets. *J Am Diet Assoc.* 2009;109(7):1266–82.
79. Tiwari AK, Mahdi AA, Chandyam S, et al. Oral iron supplementation leads to oxidative imbalance in anemic women: a prospective study. *Clin Nutr.* 2011;30(2):188–93.
80. Saunders AV, Craig WJ, Baines SK, Posen JS. Iron and vegetarian diets. *Med J Aust.* 2013;199(4 Suppl): S11–6.
81. American Cancer Society. Cancer Facts & Figures 2014. Atlanta: American Cancer Society; 2014.
82. Iodice S, Gandini S, Maisonneuve P, Lowenfels AB. Tobacco and the risk of pancreatic cancer: a review and meta-analysis. *Langenbecks Arch Surg.* 2008;393(4):535–45.
83. Kolodecik T, Shugrue C, Ashat M, Thrower EC. Risk factors for pancreatic cancer: underlying mechanisms and potential targets. *Front Physiol.* 2013;4:415.
84. Thiébaut AC, Jiao L, Silverman DT, et al. Dietary fatty acids and pancreatic cancer in the NIH-AARP diet and health study. *J Natl Cancer Inst.* 2009;101(14):1001–11.
85. Landrigan PJ. Preface. *Ann N Y Acad Sci.* 1991;643:xv–xvi.
86. Weiner R, Rees D, Lunga FJ, Felix MA. Third wave of asbestos-related disease from secondary use of asbestos. A case report from industry. *S Afr Med J.* 1994;84(3):158–60.
87. Johnson ES, Zhou Y, Lillian Yau C, et al. Mortality from malignant diseases-update of the Baltimore union poultry cohort. *Cancer Causes Control.* 2010;21(2):215–21.
88. Felini M, Johnson E, Preacely N, Sarda V, Ndetan H, Bangara S. A pilot case-cohort study of liver and pancreatic cancers in poultry workers. *Ann Epidemiol.* 2011;21(10):755–66.
89. Lynch SM, Vrieling A, Lubin JH, et al. Cigarette smoking and pancreatic cancer: a pooled analysis from the pancreatic cancer cohort consortium. *Am J Epidemiol.* 2009;170(4): 403–13.

90. Rohrmann S, Linseisen J, Nöthlings U, et al. Meat and fish consumption and risk of pancreatic cancer: results from the European Prospective Investigation into Cancer and Nutrition. *Int J Cancer*. 2013;132(3):617–24.
91. Rohrmann S, Linseisen J, Jakobsen MU, et al. Consumption of meat and dairy and lymphoma risk in the European Prospective Investigation into Cancer and Nutrition. *Int J Cancer*. 2011; 128(3):623–34.
92. Lotti M, Bergamo L, Murer B. Occupational toxicology of asbestos-related malignancies. *Clin Toxicol (Phila)*. 2010;48(6):485–96.
93. Marvisi M, Balzarini L, Mancini C, Mouzakiti P. A new type of hypersensitivity pneumonitis: salami brusher’s disease. *Monaldi Arch Chest Dis*. 2012;77(1):35–7.
94. Yang ZY, Yuan JQ, Di MY, et al. Gemcitabine plus erlotinib for advanced pancreatic cancer: a systematic review with meta-analysis. *PLoS ONE*. 2013;8(3):e57528.
95. Li L, Aggarwal BB, Shishodia S, Abbruzzese J, Kurzrock R. Nuclear factor-kappaB and IkappaB kinase are constitutively active in human pancreatic cells, and their down-regulation by curcumin (diferuloylmethane) is associated with the suppression of proliferation and the induction of apoptosis. *Cancer*. 2004;101(10):2351–62.
96. Dhillon N, Aggarwal BB, Newman RA, et al. Phase II trial of curcumin in patients with advanced pancreatic cancer. *Clin Cancer Res*. 2008;14(14):4491–9.
97. Bosetti C, Bravi F, Turati F, et al. Nutrient-based dietary patterns and pancreatic cancer risk. *Ann Epidemiol*. 2013;23(3):124–8.
98. Mills PK, Beeson WL, Abbey DE, Fraser GE, Phillips RL. Dietary habits and past medical history as related to fatal pancreas cancer risk among Adventists. *Cancer*. 1988;61(12):2578–85.
99. American Cancer Society. Cancer Facts & Figures 2014. Atlanta: American Cancer Society; 2014.
100. Bagnardi V, Rota M, Botteri E, et al. Light alcohol drinking and cancer: a meta-analysis. *Ann Oncol*. 2013;24(2):301–8.
101. Rubenstein JH, Chen JW. Epidemiology of gastroesophageal reflux disease. *Gastroenterol Clin North Am*. 2014;43(1):1–14.
102. Lagergren J, Bergström R, Lindgren A, Nyrén O. Symptomatic gastroesophageal reflux as a risk factor for esophageal adenocarcinoma. *N Engl J Med*. 1999;340(11):825–31.
103. Pohl H, Welch HG. The role of overdiagnosis and reclassification in the marked increase of esophageal adenocarcinoma incidence. *J Natl Cancer Inst*. 2005;97(2):142–6.
104. Parasa S, Sharma P. Complications of gastro-oesophageal reflux disease. *Best Pract Res Clin Gastroenterol*. 2013;27(3):433–42.
105. El-Serag HB. Time trends of gastroesophageal reflux disease: a systematic review. *Clin Gastroenterol Hepatol*. 2007;5(1):17–26.
106. De Ceglie A, Fisher DA, Filiberti R, Blanchi S, Conio M. Barrett’s esophagus, esophageal and esophagogastric junction adenocarcinomas: the role of diet. *Clin Res Hepatol Gastroenterol*. 2011;35(1):7–16.
107. Navarro Silvera SA, Mayne ST, Risch H, et al. Food group intake and risk of subtypes of esophageal and gastric cancer. *Int J Cancer*. 2008;123(4):852–60.

108. Nebel OT, Castell DO. Lower esophageal sphincter pressure changes after food ingestion. *Gastroenterology*. 1972;63(5):778–83.
109. Becker DJ, Sinclair J, Castell DO, Wu WC. A comparison of high and low fat meals on postprandial esophageal acid exposure. *Am J Gastroenterol*. 1989;84(7):782–6.
110. Charlton KE, Tapsell LC, Batterham MJ, et al. Pork, beef and chicken have similar effects on acute satiety and hormonal markers of appetite. *Appetite*. 2011;56(1):1–8.
111. Mitsukawa T, Takemura J, Ohgo S, et al. Gallbladder function and plasma cholecystokinin levels in diabetes mellitus. *Am J Gastroenterol*. 1990;85(8):981–5.
112. Matsuki N, Fujita T, Watanabe N, et al. Lifestyle factors associated with gastroesophageal reflux disease in the Japanese population. *J Gastroenterol*. 2013;48(3):340–9.
113. Jung JG, Kang HW, Hahn SJ, et al. Vegetarianism as a protective factor for reflux esophagitis: a retrospective, cross-sectional study between Buddhist priests and general population. *Dig Dis Sci*. 2013;58(8):2244–52.
114. Fashner J, Gitu AC. Common gastrointestinal symptoms: risks of long-term proton pump inhibitor therapy. *FP Essent*. 2013;413:29–39.
115. Terry P, Lagergren J, Ye W, Nyrén O, Wolk A. Antioxidants and cancers of the esophagus and gastric cardia. *Int J Cancer*. 2000;87(5):750–4.
116. Ekström AM, Serafini M, Nyrén O, Hansson LE, Ye W, Wolk A. Dietary antioxidant intake and the risk of cardia cancer and noncardia cancer of the intestinal and diffuse types: a population-based case-control study in Sweden. *Int J Cancer*. 2000;87(1):133–40.
117. Nilsson M, Johnsen R, Ye W, Hveem K, Lagergren J. Lifestyle related risk factors in the aetiology of gastro-oesophageal reflux. *Gut*. 2004;53(12):1730–5.
118. Coleman HG, Murray LJ, Hicks B, et al. Dietary fiber and the risk of precancerous lesions and cancer of the esophagus: a systematic review and meta-analysis. *Nutr Rev*. 2013;71(7): 474–82.
119. Burkitt DP. Hiatus hernia: is it preventable? *Am J Clin Nutr*. 1981;34(3):428–31.
120. Burkitt DP, James PA. Low-residue diets and hiatus hernia. *Lancet*. 1973;2(7821):128–30.
121. Burkitt DP, James PA. Low-residue diets and hiatus hernia. *Lancet*. 1973;2(7821):128–30.
122. Burkitt DP. Two blind spots in medical knowledge. *Nurs Times*. 1976;72(1):24–7.
123. Burkitt DP. Hiatus hernia: is it preventable? *Am J Clin Nutr*. 1981;34(3):428–31.
124. American Cancer Society. Cancer Facts & Figures 2014. Atlanta: American Cancer Society; 2014.
125. Polednak AP. Trends in survival for both histologic types of esophageal cancer in US surveillance, epidemiology and end results areas. *Int J Cancer*. 2003;105(1):98–100.
126. Chen T, Yan F, Qian J, et al. Randomized phase II trial of lyophilized strawberries in patients with dysplastic precancerous lesions of the esophagus. *Cancer Prev Res (Phila)*. 2012;5(1): 41–50.
127. Chen T, Yan F, Qian J, et al. Randomized phase II trial of lyophilized strawberries in patients with dysplastic precancerous lesions of the esophagus. *Cancer Prev Res (Phila)*. 2012;5(1): 41–50.
128. Eaton SB, Konner M, Shostak M. Stone agers in the fast lane: chronic degenerative diseases in evolutionary perspective. *Am J Med*. 1988;84(4):739–49.

129. King DE, Mainous AG, Lambourne CA. Trends in dietary fiber intake in the United States, 1999–2008. *J Acad Nutr Diet.* 2012;112(5):642–8.
130. Zhang N, Huang C, Ou S. In vitro binding capacities of three dietary fibers and their mixture for four toxic elements, cholesterol, and bile acid. *J Hazard Mater.* 2011;186(1):236–9.
131. Moshfegh A, Goldman J, Cleveland I. *What We Eat in America, NHANES 2001–2002: Usual Nutrient Intakes from Food Compared to Dietary Reference Intakes.* Washington, D.C.: US Department of Agriculture Agricultural Research Service; 2005.

5. Как не умереть от инфекций

1. Civil Practice And Remedies Code. Title 4. Liability in Tort. Chapter 96. False Disparagement of Perishable Food Products. Texas Constitution and Statutes. http://www.statutes.legis.state.tx.us/Docs/CP/htm/CP_96.htm. Accessed March 3, 2015.
2. Civil Practice and Remedies Code. Title 4. Liability in Tort. Chapter 96. False Disparagement of Perishable Food Products. Texas Constitution and Statutes. http://www.statutes.legis.state.tx.us/Docs/CP/htm/CP_96.htm. Accessed March 3, 2015.
3. Oppel Jr RA. Taping of farm cruelty is becoming the crime. *New York Times.* <http://www.nytimes.com/2013/04/07/us/taping-of-farm-cruelty-is-becoming-the-crime.html>. April 6, 2013. Accessed March 3, 2015.
4. Shrestha SS, Swerdlow DL, Borse RH, et al. Estimating the burden of 2009 pandemic influenza A (H1N1) in the United States (April 2009–April 2010). *Clin Infect Dis.* 2011;52 Suppl 1: S75–82.
5. Wool house ME, Gowtage-Sequeria S. Host range and emerging and reemerging pathogens. *Emerging Infect Dis.* 2005;11(12):1842–7.
6. Epstein PR, Chivian E, Frith K. Emerging diseases threaten conservation. *Environ Health Perspect.* 2003;111(10):A506–7.
7. Espinosa de los Monteros LE, Galán JC, Gutiérrez M, et al. Allele-specific PCR method based on pncA and oxyR sequences for distinguishing *Mycobacterium bovis* from *Mycobacterium tuberculosis*: intraspecific *M. bovis* pncA sequence polymorphism. *J Clin Microbiol.* 1998;36(1): 239–42.
8. Esmail H, Barry CE, Young DB, Wilkinson RJ. The ongoing challenge of latent tuberculosis. *Philos Trans R Soc Lond, B, Biol Sci.* 2014;369(1645):20130437.
9. Daszak P, Cunningham AA. Emerging infectious diseases: a key role for conservation medicine. In: Aguirre AA, Ostfeld RS, Tabor GM, et al. *Conservation Medicine: Ecological Health in Practice.* Oxford: Oxford University Press; 2002:40–61.
10. McMichael AJ. *Human Frontiers, Environments and Disease, Past Patterns, Uncertain Futures.* Cambridge: Cambridge University Press; 2001.
11. Torrey EF, Yolken RH. *Beasts of the Earth, Animals, Humans, and Disease.* New Brunswick, NJ: Rutgers University Press; 2005.
12. McMichael AJ. *Human Frontiers, Environments and Disease, Past Patterns, Uncertain Futures.* Cambridge: Cambridge University Press; 2001.
13. Van Heuverswyn F, Peeters M. The origins of HIV and implications for the global epidemic. *Curr Infect Dis Rep.* 2007;9(4):338–46.

14. Whon TW, Kim MS, Roh SW, Shin NR, Lee HW, Bae JW. Metagenomic characterization of airborne viral DNA diversity in the near-surface atmosphere. *J Virol.* 2012;86(15):8221–31.
15. USDA. Microbiological testing of AMS purchased meat, poultry and egg commodities. <http://www.ams.usda.gov/AMSV1.0/ams.fetchTemplateData.do?template=TemplateA&navID=MicrobialTestingofCommodities&rightNav1=MicrobialTestingofCommodities&topNav=&leftNav=&page=FPPMicroDataReports&resultType=&acct=lsstd>. Accessed March 3, 2015.
16. Centers for Disease Control and Prevention. Deaths: final data for 2013 table 10. Number of deaths from 113 selected causes. National Vital Statistics Report. 2016;64(2).
17. Barker J, Stevens D, and Bloomfield SF. Spread and prevention of some common viral infections in community facilities and domestic homes. *J Appl Microbiol.* 2001;91(1):7–21.
18. Boone SA, Gerba CP. The occurrence of influenza A virus on house hold and day care center fomites. *J Infect.* 2005;51(2):103–9.
19. World Health Organization. WHO Guidelines on Hand Hygiene in Health Care. Geneva: World Health Organization; 2009. <http://www.ncbi.nlm.nih.gov/books/n/whohand/pdf/>. Accessed April 4, 2015.
20. How does the immune system work? PubMed Health. <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0010386/>. Accessed March 3, 2015.
21. U.S. Centers for Disease Control and Prevention. Prevention of pneumococcal disease: recommendations of the Advisory Committee on Immunization Practices (ACIP). *MMWR* 1997; 46(RR-08):1–24.
22. Gibson A, Edgar J, Neville C, et al. Effect of fruit and vegetable consumption on immune function in older people: a randomized controlled trial. *Am J Clin Nutr.* 2012;96(6):1429–36.
23. USDA. Food availability (per capita) Data System. Fresh kale: per capita availability adjusted for loss. http://www.ers.usda.gov/datafiles/Food_Availability_Per_Capita_Data_System/Loss_Adjusted_Food_Availability/veg.xls. Accessed March 3, 2015.
24. Nishi K, Kondo A, Okamoto T, et al. Immunostimulatory in vitro and in vivo effects of a watersoluble extract from kale. *Biosci Biotechnol Biochem.* 2011;75(1):40–6.
25. Nishi K, Kondo A, Okamoto T, et al. Immunostimulatory in vitro and in vivo effects of a watersoluble extract from kale. *Biosci Biotechnol Biochem.* 2011;75(1):40–6.
26. Macdonald TT, Monteleone G. Immunity, inflammation, and allergy in the gut. *Science.* 2005;307(5717):1920–5.
27. United States Census Bureau. Median and average square feet of floor area in new single-family houses completed by location. <https://www.census.gov/const/C25Ann/sftotalmedavgsqft.pdf>. Accessed April 3, 2015.
28. Sheridan BS, Lefrancois L. Intraepithelial lymphocytes: To serve and protect. *Curr Gastroenterol Rep.* 2010;12(6):513–21.
29. Hooper LV. You AhR what you eat: linking diet and immunity. *Cell.* 2011;147(3):489–91.
30. Esser C. Biology and function of the aryl hydrocarbon receptor: report of an international and interdisciplinary conference. *Arch Toxicol.* 2012;86(8):1323–9.
31. Veldhoen M. Direct interactions between intestinal immune cells and the diet. *Cell Cycle.* 2012 Feb 1;11(3):426–7.
32. Hooper LV. You AhR what you eat: linking diet and immunity. *Cell.* 2011;147(3):489–91.

33. Savouret JF, Berdeaux A, Casper RF. The aryl hydrocarbon receptor and its xenobiotic ligands: A fundamental trigger for cardiovascular diseases. *Nutr Metab Cardiovasc Dis.* 2003; 13(2):104–13.
34. Ashida H, Fukuda I, Yamashita T, Kanazawa K. Flavones and flavonols at dietary levels inhibit a transformation of aryl hydrocarbon receptor induced by dioxin. *FEBS Lett.* 2000;476 (3): 213–7.
35. Ashida H, Fukuda I, Yamashita T, Kanazawa K. Flavones and flavonols at dietary levels inhibit a transformation of aryl hydrocarbon receptor induced by dioxin. *FEBS Lett.* 2000;476 (3): 213–7.
36. Alhaider AA, El Gendy MAM, Korashy HM, El-Kadi AOS. Camel urine inhibits the cytochrome P450 1a1 gene expression through an AhR-dependent mechanism in Hepa 1c1c7 cell line. *J Ethnopharmacol.* 2011;133(1):184–90.
37. Watts AR, Lennard MS, Mason SL, Tucker GT, Woods HF. Beeturia and the biological fate of beetroot pigments. *Pharmacogenetics.* 1993;3(6):302–11.
38. Yalindag-Ozturk N, Ozdamar M, Cengiz P. Trial of garlic as an adjunct therapy for multidrug resistant *Pseudomonas aeruginosa* pneumonia in a critically ill infant. *J Altern Complement Med.* 2011;17(4):379–80. Epub 2011 Apr 11.
39. Seeram NP. Recent trends and advances in berry health benefits research. *J Agric Food Chem.* 2010;58(7):3869–70.
40. Seeram NP. Berry fruits for cancer prevention: Current status and future prospects. *J Agric Food Chem.* 2008;56(3):630–5.
41. Caligiuri MA. Human natural killer cells. *Blood.* 2008;112(3):461–9.
42. McAnulty LS, Nieman DC, Dumke CL, et al. Effect of blueberry ingestion on natural killer cell counts, oxidative stress, and inflammation prior to and after 2. 5 H of running. *Appl Physiol Nutr Metab.* 2011;36(6):976–84.
43. Majdalawieh AF, Carr RI. In vitro investigation of the potential immunomodulatory and anticancer activities of black pepper (*Piper nigrum*) and cardamom (*Elettaria cardamomum*). *J Med Food.* 2010;13(2):371–81.
44. Bager P, Wohlfahrt J, Westergaard T. Caesarean delivery and risk of atopy and allergic disease: Meta-analyses. *Clin Exp Allergy.* 2008;38(4):634–42
45. Benn CS, Thorsen P, Jensen JS, et al. Maternal vaginal microflora during pregnancy and the risk of asthma hospitalization and use of antiasthma medication in early childhood. *J Allergy Clin Immunol.* 2002;110(1):72–7
46. Sheih YH, Chiang BL, Wang LH, Liao CK, Gill HS. Systemic immunity-enhancing effects in healthy subjects following dietary consumption of the lactic acid bacterium *Lactobacillus rhamnosus* HN001. *J Am Coll Nutr.* 2001;20(Suppl 2):149–56.
47. Berggren A, Lazou Ahrhiang BL, Wang LH, Liao G. Randomised, double-blind and placebocontrolled study using new probiotic lactobacilli for strengthening the body immune defence against viral infections. *Eur J Nutr.* 2011;50(3):203–10.
48. Hao Q, Lu Z, Dong BR, Huang CQ, Wu T. Probiotics for preventing acute upper respiratory tract infections. *Cochrane Database Syst Rev.* 2011;9:1–42.
49. Homayoni Rad A, Akbarzadeh F, Mehrabany EV. Which are more important: prebiotics or probiotics? *Nutrition.* 2012;28(11–12):1196–7.

50. Vitali B, Minervini G, Rizzello CG, et al. Novel probiotic candidates for humans isolated from raw fruits and vegetables. *Food Microbiol.* 2012;31(1):116–25.
51. Nieman DC. Moderate exercise improves immunity and decreases illness rates. *Am J Lifestyle Med.* 2011;5(4):338–45.
52. Schwindt CD, Zaldivar F, Wilson L, et al. Do circulating leucocytes and lymphocyte subtypes increase in response to brief exercise in children with and without asthma? *Br J Sports Med.* 2007;41(1):34–40.
53. Nieman DC, Henson DA, Gusewitch G, et al. Physical activity and immune function in elderly women. *Med Sci Sports Exerc.* 1993;25(7):823–31.
54. Neville V, Gleeson M, Folland JP. Salivary IgA as a risk factor for upper respiratory infections in elite professional athletes. *Med Sci Sports Exerc.* 2008;40(7):1228–36.
55. Otsuki T, Shimizu K, Iemitsu M, Kono I. Salivary secretory immunoglobulin A secretion increases after 4-weeks ingestion of chlorella-derived multicomponent supplement in humans: a randomized cross over study. *Nutr J.* 2011 Sep 9;10:91.
56. Klentrou P, Cieslak T, MacNeil M, Vintinner A, Plyley M. Effect of moderate exercise on salivary immunoglobulin A and infection risk in humans. *Eur J Appl Physiol.* 2002;87(2): 153–8.
57. Nieman DC. Moderate exercise improves immunity and decreases illness rates. *Am J Lifestyle Med.* 2011;5(4):338–46.
58. Walsh NP, Gleeson M, Shephard RJ, et al. Position statement. Part one: immune function and exercise. *Exerc Immunol Rev.* 2011;17:6–63.
59. Akimoto T, Nakahori C, Aizawa K, Kimura F, Fukubayashi T, Kono I. Acupuncture and responses of immunologic and endocrine markers during competition. *Med Sci Sports Exerc.* 2003; 35(8):1296–302.
60. Neville V, Gleeson M, Folland JP. Salivary IgA as a risk factor for upper respiratory infections in elite professional athletes. *Med Sci Sports Exerc.* 2008;40(7):1228–36.
61. Nieman DC. Exercise effects on systemic immunity. *Immunol Cell Biol.* 2000;78(5):496–501.
62. Otsuki T, Shimizu K, Iemitsu M, Kono I. Salivary secretory immunoglobulin A secretion increases after 4-weeks ingestion of chlorella-derived multicomponent supplement in humans: a randomized cross over study. *Nutr J.* 2011 Sep 9;10:91.
63. Halperin SA, Smith B, Nolan C, Shay J, Kralovec J. Safety and immunoenhancing effect of a Chlorella-derived dietary supplement in healthy adults undergoing influenza vaccination: randomized, double-blind, placebo-controlled trial. *CMAJ.* 2003 Jul 22;169(2):111–7.
64. Otsuki T, Shimizu K, Iemitsu M, Kono I. Chlorella intake attenuates reduced salivary SigA secretion in kendo training camp participants. *Nutr J.* 2012 Dec 11;11:103.
65. Selvaraj V, Singh H, Ramaswamy S. Chlorella-induced psychosis. *Psychosomatics.* 2013; 54(3): 303–4.
66. Selvaraj V, Singh H, Ramaswamy S. Chlorella-induced psychosis. *Psychosomatics.* 2013; 54(3): 303–4.
67. Carpenter KC, Breslin WL, Davidson T, Adams A, McFarlin BK. Baker's yeast β-glucan supplementation increases monocytes and cytokines post-exercise: implications for infection risk? *Br J Nutr.* 2013;109(3):478–86.

68. Carpenter KC, Breslin WL, Davidson T, Adams A, McCarlin BK. Baker's yeast β -glucan supplementation increases monocytes and cytokines post-exercise: implications for infection risk? *Br J Nutr.* 2013;109(3):478–86.
69. Talbott S, Talbott J. Effect of BETA 1, 3/1, 6 GLUCAN on upper respiratory tract infection symptoms and mood state in marathon athletes. *J Sports Sci Med.* 2009 Dec 1;8(4):509–15.
70. Merrill RM, Isakson RT, Beck RE. The association between allergies and cancer: what is currently known? *Ann Allergy Asthma Immunol.* 2007;99(2):102–16.
71. Wakechaura GC. Production and marketing of mushrooms: global and national scenario. In: Singh M, ed. *Mushrooms: Cultivation, Marketing and Consumption*. Indian Council of Agricultural Research Directorate of Mushroom Research; 2011.
72. Jeong SC, Koyyalamudi SR, Pang G. Dietary intake of Agaricus bisporus white button mushroom accelerates salivary immunoglobulin A secretion in healthy volunteers. *Nutrition.* 2012; 28(5):527–31.
73. Jeong SC, Koyyalamudi SR, Pang G. Dietary intake of Agaricusbisporus white button mushroom accelerates salivary immunoglobulin A secretion in healthy volunteers. *Nutrition.* 2012; 28(5):527–31.
74. Moro C, Palacios I, Lozano M, et al. Anti-inflammatory activity of methanolic extracts from edible mushrooms in LPS activated RAW 264. 7 macrophages. *Food Chemistry.* 2012; 130:350–5.
75. Jesenak M, Hrubisko M, Majtan J, Rennerova Z, Banovcin P. Anti-allergic Effect of Pleuran (β -glucan from *Pleurotus ostreatus*) in children with recurrent respiratory tract infections. *Phytother Res.* 2014;28(3):471–4.
76. Centers for Disease Control and Prevention. Estimates of foodborne illness in the United States. <http://www.cdc.gov/foodborneburden/>. Accessed March 3, 2015.
77. Batz MB, Hoffmann S, Morris Jr JG. Ranking the disease burden of 14 pathogens in food sources in the United States using attribution data from outbreak investigations and expert elicitation. *J Food Prot.* 2012;75(7):1278–91.
78. Park S, Navratil S, Gregory A, et al. Multifactorial effects of ambient temperature, precipitation, farm management, and environmental factors determine the level of generic *Escherichia coli* contamination on preharvested spinach. *Appl Environ Microbiol.* 2015;81 (7): 2635–50.
79. Hoffmann S, Batz MB, Morris Jr JG. Annual cost of illness and quality-adjusted life year losses in the United States due to 14 foodborne pathogens. *J Food Prot.* 2012;75(7):1292–302.
80. Chai SJ, White PL. *Salmonella enterica* Serotype Enteritidis: increasing incidence of domestically acquired infections. *Clin Infect Dis.* 2012;54(Sup5): 488–97.
81. *Salmonella*. Centers for Disease Control and Prevention. <http://www.cdc.gov/salmonella/>. Accessed March 3, 2015.
82. Baura GD. The incredible inedible egg. *IEEE Pulse.* 2010 Nov– Dec;1(3):56, 62.
83. Krouse B. Opposing view on food safety: committed to safety. *USA Today.* http://usatoday30.usatoday.com/news/opinion/editorials/2010-08-30-editorial30_ST1_N.htm. Accessed March 3, 2015.
84. Davis AL, Curtis PA, Conner DE, McKee SR, Kerth LK. Validation of cooking methods using shell eggs inoculated with *Salmonella* serotypes Enteritidis and Heidelberg. *Poult Sci.* 2008; 87(8):1637–42.
85. Stadelman WJ, Muriana PM, Schmieder H. The Effectiveness of traditional egg-cooking practices for elimination of *Salmonella enteritidis*. *Poult Sci.* 1995;74(s1):119.

86. Humphrey TJ, Greenwood M, Gilbert RJ, Rowe B, Chapman PA. The survival of salmonellas in shell eggs cooked under simulated domestic conditions. *Epidemiol Infect.* 1989;103:35–45.
87. U.S. Food and Drug Administration. Playing it safe with eggs. <http://www.fda.gov/food/resourcesforyou/Consumers/ucm077342.htm>. Accessed March 3, 2015.
88. Batz MB, Hoffmann S, Morris Jr JG. Ranking the disease burden of 14 pathogens in food sources in the United States using attribution data from outbreak investigations and expert elicitation. *J Food Prot.* 2012;75(7):1278–91.
89. Centers for Disease Control and Prevention. Multistate outbreak of multidrug-resistant *Salmonella* Heidelberg infections linked to Foster Farms brand chicken. <http://www.cdc.gov/salmonella/heidelberg-10-13/>. Accessed March 3, 2015.
90. USDA. Notice of Intended Enforcement. <http://www.marlerblog.com/files/2013/10/foster-farms-est-6137a-p1.pdf>. Accessed March 3, 2015.
91. Voetsch AC, Van Gilder TJ, Angulo FJ, et al. FoodNet estimate of the burden of illness caused by nontyphoidal *Salmonella* infections in the United States. *Clin Infect Dis.* 2004;38(Supplement-3): S127–S134.
92. USDA. Notice of Intended Enforcement. <http://www.marlerblog.com/files/2013/10/foster-farms-est-6137a-p1.pdf>. Accessed March 3, 2015.
93. Pierson D. Mexico blocks Foster Farms chicken imports amid salmonella fears. *LA Times*. <http://articles.latimes.com/2013/oct/24/business/la-fi-foster-farms-mexico-20131025>. Accessed March 3, 2015.
94. Supreme Beef Processors, Inc v United States Dept. of Agriculture, 275 F. 3d 432 (5th Cir 2001).
95. Fraval P, Laisney MJ, Gillard MO, Salvat G, Chemaly M. Campylobacter transfer from naturally contaminated chicken thighs to cutting boards is inversely related to initial load. *J Food Prot.* 2009;72(9):1836–40.
96. Guyard-Nicodème M, Tresse O, Houard E, et al. Characterization of *Campylobacter* spp. transferred from naturally contaminated chicken legs to cooked chicken slices via a cutting board. *Int J Food Microbiol.* 2013 Jun 3;164(1):7–14.
97. Foster Farms Provides Food Safety Update. Close Up Media Website. <http://closeupmedia.com/food/Foster-Farms-Provides-Food-Safety-Update.html>. 2013. Accessed March 5, 2015.
98. Hoffmann S, Batz MB, Morris Jr JG. Annual cost of illness and quality-adjusted life year losses in the United States due to 14 foodborne pathogens. *J Food Prot.* 2012;75(7):1292–302.
99. Karapetian A. Model EU. *Meatingplace*. March 2010:91.
100. The high cost of cheap chicken. *Consumer Reports*. <http://www.consumerreports.org/cro/magazine/2014/02/the-high-cost-of-cheap-chicken/index.htm>. February 2014. Accessed March 5, 2015.
101. Antibiotic Resistance Threats in the United States, 2013. Centers for Disease Control and Prevention. <http://www.cdc.gov/drugresistance/threat-report-2013/pdf/ar-threats-2013-508.pdf>. Accessed March 3, 2015.
102. Mayo Clinic Staff. Salmonella infection. The Mayo Clinic. <http://www.mayoclinic.org/diseases-conditions/salmonella/basics/causes/con-20029017>. Accessed March 3, 2015.
103. U.S. Food and Drug Administration. NARMS 2011 retail meat annual report. <http://www.fda.gov/downloads/AnimalVeterinary/SafetyHealth/AntimicrobialResistance/NationalAntimicrobialResistanceMonitoringSystem/UCM334834.pdf>. Accessed April 3, 2015.

104. U.S. Food and Drug Administration. NARMS 2011 retail meat annual report. <http://www.fda.gov/downloads/AnimalVeterinary/SafetyHealth/AntimicrobialResistance/NationalAntimicrobialResistanceMonitoringSystem/UCM334834.pdf>. Accessed April 3, 2015.
105. NA. Vital signs: incidence and trends of infection with pathogens transmitted commonly through food— foodborne diseases active surveillance network, 10 U.S. Sites, 1996–2010. *MMWR Morb Mortal Wkly Rep.* 2011;60(22):749–55.
106. Chai SJ, White PL, Lathrop SL, et al. *Salmonella enterica* serotype Enteritidis: increasing incidence of domestically acquired infections. *Clin Infect Dis.* 2012;54-Suppl-5(NA): S488–97.
107. Hoffmann S, Batz MB, Morris Jr JG. Annual cost of illness and quality-adjusted life year losses in the United States due to 14 foodborne pathogens. *J Food Prot.* 2012;75(7):1292–302.
108. 511 F.2d 331-American Public Health Association v. Butz. <http://openjurist.org/511/f2d/331/american-public-health-association-v-butz>. Accessed March 3, 2015.
109. Supreme Beef Processors v. U.S. Dept. of Agriculture. United States Court of Appeals, Fifth Circuit. http://www.leagle.com/decision/2001707275F3d432_1672. Accessed March 3, 2015.
110. Stamey TA, Timothy M, Millar M, Mihara G. Recurrent urinary infections in adult women. The role of introital enterobacteria. *Calif Med.* 1971;115(1):1–19.
111. Yamamoto S, Tsukamoto T, Terai A, Kurazono H, Takeda Y, Yoshida O. Genetic evidence supporting the fecal-perineal-urethral hypothesis in cystitis caused by *Escherichia coli*. *J Urol.* 1997;157(3):1127–9.
112. Bergeron CR, Prussing C, Boerlin P, et al. Chicken as reservoir for extraintestinal pathogenic *Escherichia coli* in humans, Canada. *Emerging Infect Dis.* 2012;18(3):415–21.
113. Jakobsen L, Garneau P, Bruant G, et al. Is *Escherichia coli* urinary tract infection a zoonosis? Proof of direct link with production animals and meat. *Eur J Clin Microbiol Infect Dis.* 2012; 31(6): 1121–9.
114. Foxman B, Barlow R, D'arcy H, Gillespie B, Sobel JD. Urinary tract infection: self-reported incidence and associated costs. *Ann Epidemiol.* 2000;10(8):509–15.
115. Platell JL, Johnson JR, Cobbold RN, Trott DJ. Multidrug-resistant extraintestinal pathogenic *Escherichia coli* of sequence type ST131 in animals and foods. *Vet Microbiol.* 2011;153(1–2): 99–108.
116. Linton AH, Howe K, Bennett PM, Richmond MH, Whiteside EJ. The colonization of the human gut by antibiotic resistant *Escherichia coli* from chickens. *J Appl Bacteriol.* 1977;43(3): 465–9.
117. Linton AH, Howe K, Bennett PM, Richmond MH, Whiteside EJ. The colonization of the human gut by antibiotic resistant *Escherichia coli* from chickens. *J Appl Bacteriol.* 1977;43(3): 465–9.
118. Rusin P, Orosz-Coughlin P, Gerba C. Reduction of faecal coliform, coliform and heterotrophic plate count bacteria in the house hold kitchen and bathroom by disinfection with hypochlorite cleaners. *J Appl Microbiol.* 1998;85(5):819–28.
119. Cogan TA, Bloomfield SF, Humphrey TJ. The Effectiveness of hygiene procedures for prevention of cross-contamination from chicken carcasses in the domestic kitchen. *Lett Appl Microbiol.* 1999;29(5):354–8.
120. Cogan TA, Bloomfield SF, Humphrey TJ. The Effectiveness of hygiene procedures for prevention of cross-contamination from chicken carcasses in the domestic kitchen. *Lett Appl Microbiol.* 1999;29(5):354–8.

121. Cogan TA, Bloomfield SF, Humphrey TJ. The Effectiveness of hygiene procedures for prevention of cross-contamination from chicken carcasses in the domestic kitchen. *Lett Appl Microbiol.* 1999;29(5):354–8.
122. Linton AH, Howe K, Bennett PM, Richmond MH, Whiteside EJ. The colonization of the human gut by antibiotic resistant Escherichia coli from chickens. *J Appl Bacteriol.* 1977;43(3): 465–9.
123. Scallan E, Hoekstra RM, Angulo FJ, et al. Foodborne illness acquired in the United States—major pathogens. *Emerging Infect Dis.* 2011;17:7–15.
124. Batz MB, Hoffmann S, Morris Jr JG. Ranking the disease burden of 14 pathogens in food sources in the United States using attribution data from outbreak investigations and expert elicitation. *J Food Prot.* 2012;75:1278–91.
125. Zheng H, Sun Y, Lin S, Mao Z, Jiang B. *Yersinia enterocolitica* infection in diarrheal patients. *Eur J Clin Microbiol Infect Dis.* 2008;27:741–52.
126. Bari ML, Hossain MA, Isshiki K, Ukuku D. Behavior of *Yersinia enterocolitica* in foods. *J Pathog.* 2011;2011:420732.
127. Ternhag A, Torner A, Svensson A, Ekdahl K, Giesecke J. Short-and long-term Effects of bacterial gastrointestinal infections. *Emerging Infect Dis.* 2008;14:143–8.
128. Brix TH, Hansen PS, Hegedús L, Wenzel BE. Too early to dismiss *Yersinia enterocolitica* infection in the aetiology of Graves' disease: evidence from a twin case-control study. *Clin Endocrinol (Oxf).* 2008;69:491–6.
129. What's in that pork? *Consumer Reports.* <http://www.consumerreports.org/cro/magazine/2013/01/what-s-in-that-pork/index.htm>. Accessed March 3, 2015.
130. Bari ML, Hossain MA, Isshiki K, Ukuku D. Behavior of *Yersinia enterocolitica* in foods. *J Pathog.* 2011;2011:420732.
131. Crowding pigs pays—if it's managed properly. *National Hog Farmer.* November 15, 1993;62.
132. Poljak Z, Dewey CE, Martin SW, et al. Prevalence of *Yersinia enterocolitica* shedding and bioserotype distribution in Ontario finisher pig herds in 2001, 2002, and 2004. *Prev Vet Med.* 2010;93:110–20.
133. Hoffmann S, Batz MB, Morris Jr JG. Annual cost of illness and quality-adjusted life year losses in the United States due to 14 foodborne pathogens. *J Food Prot.* 2012;75:1292–1302.
134. Centers for Disease Control and Prevention. Antibiotic Resistance Threats in the United States, 2013. <http://www.cdc.gov/drugresistance/pdf/ar-threats-2013-508.pdf>. Accessed March 3, 2015.
135. Eyre DW, Cule ML, Wilson DJ, et al. Diverse sources of *C. difficile* infection identified on whole-genome sequencing. *N Engl J Med.* 2013 Sep 26;369(13):1195–205.
136. Songer JG, Trinh HT, Killgore GE, Thompson AD, McDonald LC, Limbago BM. *Clostridium difficile* in retail meat products, USA, 2007. *Emerg Infect Dis.* 2009;15(5):819–21.
137. Rupnik M, Songer JG. *Clostridium difficile*: its potential as a source of foodborne disease. *Adv Food Nutr Res.* 2010;60:53–66.
138. Rodriguez-Palacios A, Borgmann S, Kline TR, LeJeune JT. *Clostridium difficile* in foods and animals: history and measures to reduce exposure. *Anim Health Res Rev.* 2013;14(1):11–29.

139. Hengrens MPM, Keessen EC, Squire MM, et al. European Society of Clinical Microbiology and Infectious Diseases Study Group for Clostridium difficile (ESGCD). Clostridium difficile infection in the community: a zoonotic disease? *Clin Microbiol Infect.* 2012;18(7): 635–45.
140. Rupnik M, Songer JG. Clostridium difficile: its potential as a source of foodborne disease. *Adv Food Nutr Res.* 2010;60:53–66.
141. Sayedy L, Kothari D, Richards RJ. Toxic megacolon associated Clostridium difficile colitis. *World J Gastrointest Endosc.* 2010;2(8):293–7.
142. Gweon TG, Lee KJ, Kang DH, et al. A case of toxic megacolon caused by Clostridium difficile infection and treated with fecal microbiota transplantation. *Gut Liver.* 2015;9(2):247–50.
143. Weese JS. Clostridium difficile in food— innocent bystander or serious threat? *Clin Microbiol Infect.* 2010;16:3–10.
144. Jabbar U, Leischner J, Kasper D, et al. Effectiveness of alcohol-based hand rubs for removal of Clostridium difficile spores from hands. *Infect Control Hosp Epidemiol.* 2010;31(6):565–70.
145. Bhargava K, Wang X, Donabedian S, Zervos M, de Rocha L, Zhang Y. Methicillin-resistant *Staphylococcus aureus* in retail meat, Detroit, Michigan, USA. *Emerging Infect Dis.* 2011; 17(6): 1135–7.
146. Reinberg S. Scientists find MRSA germ in supermarket meats. <http://usatoday30.usatoday.com/news/health/medical/health/medical/story/2011/05/Scientists-find-MRSA-germ-in-supermarket-meats/47105974/1>. May 12, 2011. Accessed April 4, 2015.
147. Chan M. Antimicrobial resistance in the European Union and the world. Talk presented at: Conference on combating antimicrobial resistance: time for action. March 14, 2012; Copenhagen, Denmark. http://www.who.int/dg/speeches/2012/amr_20120314/en/. Accessed March 6, 2015.
148. Love DC, Halden RU, Davis MF, Nachman KE. Feather meal: a previously unrecognized route for reentry into the food supply of multiple pharmaceuticals and personal care products (PPCPs). *Environ Sci Technol.* 2012;46(7):3795–802.
149. Ji K, Kho Y, Park C, et al. Influence of water and food consumption on inadvertent antibiotics intake among general population. *Environ Res.* 2010;110(7):641–9.
150. Ji K, Lim Kho YL, Park Y, Choi K. Influence of a five-day vegetarian diet on urinary levels of antibiotics and phthalate metabolites: a pilot study with “Temple Stay” participants. *Environ Res.* 2010;110(4):375–82.
151. Keep Antibiotics Working. http://www.keepantibioticsworking.com/new/indepth_groups.php. Accessed March 3, 2015.
152. Hayes DJ, Jenson HH. Technology choice and the economic effects of a ban on the use of antimicrobial feed additives in swine rations. *Food Control.* 2002;13(2):97–101.
153. Rival diet doc leaks Atkins death report. <http://www.thesmokinggun.com/file/rival-dietdoc-leaks-atkins-death-report?page=3>. Accessed March 3, 2015.
154. Corporate Threat. http://www.atkinsexposed.org/Corporate_Threat.htm. Accessed June 14, 2015.

6. Как не умереть от диабета

1. Matthews DR, Matthews PC. Banting Memorial Lecture 2010. Type 2 diabetes as an ‘infectious’ disease: is this the Black Death of the 21st century? *Diabet Med.* 2011;28(1):2–9.

2. Centers for Disease Control and Prevention. Number (in millions) of civilian, noninstitutionalized persons with diagnosed diabetes, United States, 1980–2011. <http://www.cdc.gov/diabetes/statistics/prev/national/figpersons.htm>. March 28, 2013. Accessed May 3, 2015.
3. Boyle JP, Thompson TJ, Gregg EW, Barker LE, Williamson DF. Projection of the year 2050 burden of diabetes in the US adult population: dynamic modeling of incidence, mortality, and prediabetes prevalence. *Popul Health Metr*. 2010;8:29.
4. Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services; 2014.
5. Centers for Disease Control and Prevention. Deaths: final data for 2013 table 10. Number of deaths from 113 selected causes. *National Vital Statistics Report* 2016;64(2).
6. 2014 Statistics Report. Centers for Disease Control and Prevention. <http://www.cdc.gov/diabetes/data/statistics/2014StatisticsReport.html>. Updated October 24, 2014. Accessed March 3, 2015.
7. Lempainen J, Tauriainen S, Vaarala O, et al. Interaction of enterovirus infection and cow's milkbased formula nutrition in type 1 diabetes-associated autoimmunity. *Diabetes Metab Res Rev*. 2012;28(2):177–85.
8. 2014 Statistics Report. Centers for Disease Control and Prevention. <http://www.cdc.gov/diabetes/data/statistics/2014StatisticsReport.html>. Updated October 24, 2014. Accessed March 3, 2015.
9. Rachek LI. Free fatty acids and skeletal muscle insulin resistance. *Prog Mol Biol Transl Sci*. 2014;121:267–92.
10. 2014 Statistics Report. Centers for Disease Control and Prevention. <http://www.cdc.gov/diabetes/data/statistics/2014StatisticsReport.html>. Updated October 24, 2014. Accessed March 3, 2015.
11. Sweeney JS. Dietary factors that influence the dextrose tolerance test. *Arch Intern Med*. 1927;40(6):818–30.
12. Roden M, Price TB, Perseghin G, et al. Mechanism of free fatty acid-induced insulin resistance in humans. *J Clin Invest*. 1996;97(12):2859–65.
13. Roden M, Krssak M, Stingl H, et al. Rapid impairment of skeletal muscle glucose transport/phosphorylation by free fatty acids in humans. *Diabetes*. 1999;48(2):358–64.
14. Santomauro AT, Boden G, Silva ME, et al. Overnight lowering of free fatty acids with Acipimox improves insulin resistance and glucose tolerance in obese diabetic and nondiabetic subjects. *Diabetes*. 1999;48(9):1836–41.
15. Krssak M, Falk Petersen K, Dresner A, et al. Intramyocellular lipid concentrations are correlated with insulin sensitivity in humans: a 1H NMR spectroscopy study. *Diabetologia*. 1999;42(1): 113–6.
16. Lee S, Boesch C, Kuk JL, Arslanian S. Effects of an overnight intravenous lipid infusion on intramyocellular lipid content and insulin sensitivity in African-American versus Caucasian adolescents. *Metab Clin Exp*. 2013;62(3):417–23.
17. Roden M, Krssak M, Stingl H, et al. Rapid impairment of skeletal muscle glucose transport/phosphorylation by free fatty acids in humans. *Diabetes*. 1999;48(2):358–64.
18. Himsworth HP. Dietetic factors influencing the glucose tolerance and the activity of insulin. *J Physiol (Lond)*. 1934;81(1):29–48.

19. Tabák AG¹, Herder C, Rathmann W, Brunner EJ, Kivimáki M. Prediabetes: a high-risk state for diabetes. *Lancet.* 2012;379(9833):2279–90.
20. Pratley RE. The early treatment of type 2 diabetes. *Am J Med.* 2013;126(9 Suppl 1):S2–9.
21. Reinehr T. Type 2 diabetes mellitus in children and adolescents. *World J Diabetes.* 2013; 4(6):270–81.
22. Pihoker C, Scott CR, Lensing SY, Cradock MM, Smith J. Non-insulin dependent diabetes mellitus in African-American youths of Arkansas. *Clin Pediatr (Phila).* 1998;37(2):97–102.
23. Dean H, Flett B. Natural history of type 2 diabetes diagnosed in childhood: long term follow-up in young adult years. *Diabetes.* 2002;51(s1):A24.
24. Hannon TS, Rao G, Arslanian SA. Childhood obesity and type 2 diabetes mellitus. *Pediatrics.* 2005;116(2):473–80.
25. Rocchini AP. Childhood obesity and a diabetes epidemic. *N Engl J Med.* 2002;346(11):854–5.
26. Lifshitz F. Obesity in children. *J Clin Res Pediatr Endocrinol.* 2008;1(2):53–60.
27. Must A, Jacques PF, Dallal GE, Bajema CJ, Dietz WH. Long-term morbidity and mortality of overweight adolescents. A follow-up of the Harvard Growth Study of 1922 to 1935. *N Engl J Med.* 1992;327(19):1350–5.
28. Sabaté J, Wien M. Vegetarian diets and childhood obesity prevention. *Am J Clin Nutr.* 2010; 91(5):1525S–1529S.
29. Tonstad S, Butler T, Yan R, Fraser GE. Type of vegetarian diet, body weight, and prevalence of type 2 diabetes. *Diabetes Care.* 2009;32(5):791–6.
30. Sabaté J, Lindsted KD, Harris RD, Sanchez A. Attained height of lacto-ovo vegetarian children and adolescents. *Eur J Clin Nutr.* 1991;45(1):51–8.
31. Sabaté J, Wien M. Vegetarian diets and childhood obesity prevention. *Am J Clin Nutr.* 2010; 91(5):1525S–1529S.
32. Cali AM, Caprio S. Prediabetes and type 2 diabetes in youth: an emerging epidemic disease? *Curr Opin Endocrinol Diabetes Obes.* 2008;15(2):123–7.
33. Ginter E, Simko V. Type 2 diabetes mellitus, pandemic in 21st century. *Adv Exp Med Biol.* 2012;771:42–50.
34. Spalding KL, Arner E, Westermark PO, et al. Dynamics of fat cell turnover in humans. *Nature.* 2008;453(7196):783–7.
35. Roden M. How free fatty acids inhibit glucose utilization in human skeletal muscle. *News Physiol Sci.* 2004;19:92–6.
36. Fraser GE. Vegetarian diets: what do we know of their effects on common chronic diseases? *Am J Clin Nutr.* 2009;89(5):1607S–1612S.
37. Tonstad S, Stewart K, Oda K, Batech M, Herring RP, Fraser GE. Vegetarian diets and incidence of diabetes in the Adventist Health Study-2. *Nutr Metab Cardiovasc Dis.* 2013;23(4):292–9.
38. Nolan CJ, Larter CZ. Lipotoxicity: why do saturated fatty acids cause and monounsaturates protect against it? *J Gastroenterol Hepatol.* 2009;24(5):703–6.
39. Evans WJ. Oxygen-carrying proteins in meat and risk of diabetes mellitus. *JAMA Intern Med.* 2013;173(14):1335–6.

40. Egnatchik RA, Leamy AK, Jacobson DA, Shiota M, Young JD. ER calcium release promotes mitochondrial dysfunction and hepatic cell lipotoxicity in response to palmitate overload. *Mol Metab.* 2014;3(5):544–53.
41. Estadella D, da Penha Oller do Nascimento CM, Oyama LM, Ribeiro EB, Damaso AR, de Piano A. Lipotoxicity: Effects of dietary saturated and transfatty acids. *Mediators Inflamm.* 2013; 2013:137579.
42. Perseghin G, Scifo P, De Cobelli F, et al. Intramyocellular triglyceride content is a determinant of in vivo insulin resistance in humans: a 1H-13C nuclear magnetic resonance spectroscopy assessment in offspring of type 2 diabetic parents. *Diabetes.* 1999;48(8):1600–6.
43. Nolan CJ, Larter CZ. Lipotoxicity: why do saturated fatty acids cause and monounsaturates protect against it? *J Gastroenterol Hepatol.* 2009;24(5):703–6.
44. Goff LM, Bell JD, So PW, Dornhorst A, Frost GS. Veganism and its relationship with insulin resistance and intramyocellular lipid. *Eur J Clin Nutr.* 2005;59(2):291–8.
45. Gojda J, Patková J, Jaček M, et al. Higher insulin sensitivity in vegans is not associated with higher mitochondrial density. *Eur J Clin Nutr.* 2013;67(12):1310–5.
46. Goff LM, Bell JD, So PW, Dornhorst A, Frost GS. Veganism and its relationship with insulin resistance and intramyocellular lipid. *Eur J Clin Nutr.* 2005;59(2):291–8.
47. Papanikolaou Y, Fulgoni VL. Bean consumption is associated with greater nutrient intake, reduced systolic blood pressure, lower body weight, and a smaller waist circumference in adults: results from the National Health and Nutrition Examination Survey 1999–2002. *J Am Coll Nutr.* 2008;27(5):569–76.
48. Mollard RC, Luhovyy BL, Panahi S, Nunez M, Hanley A, Anderson GH. Regular consumption of pulses for 8 weeks reduces metabolic syndrome risk factors in overweight and obese adults. *Br J Nutr.* 2012;108 Suppl 1:S111–22.
49. Cnop M, Hughes SJ, Igoillo-Esteve M, et al. The long lifespan and low turnover of human islet beta cells estimated by mathematical modelling of lipofuscin accumulation. *Diabetologia.* 2010; 53(2):321–30.
50. Taylor R. Banting Memorial lecture 2012: reversing the twin cycles of type 2 diabetes. *Diabet Med.* 2013;30(3):267–75.
51. Cunha DA, Igoillo-Esteve M, Gurzov EN, et al. Death protein 5 and p53-upregulated modulator of apoptosis mediate the endoplasmic reticulum stress-mitochondrial dialog triggering lipotoxic rodent and human β-cell apoptosis. *Diabetes.* 2012;61(11):2763–75.
52. Cnop M, Hannaert JC, Gruppeling AY, Pipeleers DG. Low density lipoprotein can cause death of islet beta-cells by its cellular uptake and oxidative modification. *Endocrinology.* 2002; 143(9): 3449–53.
53. Maedler K, Oberholzer J, Bucher P, Spinias GA, Donath MY. Monounsaturated fatty acids prevent the deleterious effects of palmitate and high glucose on human pancreatic beta-cell turnover and function. *Diabetes.* 2003;52(3):726–33.
54. Xiao C, Giacca A, Carpenter A, Lewis GF. Differential effects of monounsaturated, polyunsaturated and saturated fat ingestion on glucose-stimulated insulin secretion, sensitivity and clearance in overweight and obese, non-diabetic humans. *Diabetologia.* 2006;49(6):1371–9.
55. Wang L, Folsom AR, Zheng ZJ, Pankow JS, Eckfeldt JH. Plasma fatty acid composition and incidence of diabetes in middle-aged adults: the Atherosclerosis Risk in Communities (ARIC) Study. *Am J Clin Nutr.* 2003;78(1):91–8.

56. Cunha DA, Igoillo-Esteve M, Gurzov EN, et al. Death protein 5 and p53-upregulated modulator of apoptosis mediate the endoplasmic reticulum stress-mitochondrial dialog triggering lipotoxic rodent and human β -cell apoptosis. *Diabetes*. 2012;61(11):2763–75.
57. Welch RW. Satiety: have we neglected dietary non-nutrients? *Proc Nutr Soc*. 2011;70(2): 145–54.
58. Barnard ND, Cohen J, Jenkins DJ, et al. A low-fat vegan diet improves glycemic control and cardiovascular risk factors in a randomized clinical trial in individuals with type 2 diabetes. *Diabetes Care*. 2006;29(8):1777–83.
59. Trapp CB, Barnard ND. Usefulness of vegetarian and vegan diets for treating type 2 diabetes. *Curr Diab Rep*. 2010;10(2):152–8.
60. Pratley RE. The early treatment of type 2 diabetes. *Am J Med*. 2013;126(9 Suppl 1):S2–9.
61. Juutilainen A, Lehto S, Ronnemaa T, Pyorala K, Laakso M. Type 2 diabetes as a “coronary heart disease equivalent”: an 18-year prospective population-based study in Finnish subjects. *Diabetes Care*. 2005;28(12):2901–7.
62. Kahleova H, Matoulek M, Malinska H, et al. Vegetarian diet improves insulin resistance and oxidative stress markers more than conventional diet in subjects with type 2 diabetes. *Diabet Med*. 2011;28(5):549–59.
63. Ornish D. Statins and the soul of medicine. *Am J Cardiol*. 2002;89(11):1286–90.
64. Kahleova H, Hrachovinova T, Hill M, et al. Vegetarian diet in type 2 diabetes—improvement in quality of life, mood and eating behaviour. *Diabet Med*. 2013;30(1):127–9.
65. Chiu THT, Huang HY, Chiu YF, et al. Taiwanese vegetarians and omnivores: dietary composition, prevalence of diabetes and IFG. *PLoS One*. 2014;9(2):e88547.
66. Chiu THT, Huang HY, Chiu YF, et al. Taiwanese vegetarians and omnivores: dietary composition, prevalence of diabetes and IFG. *PLoS One*. 2014;9(2):e88547.
67. Magliano DJ, Loh VHY, Harding JL, et al. Persistent organic pollutants and diabetes: a review of the epidemiological evidence. *Diabetes Metab*. 2014;40(1):1–14.
68. Lee DH, Lee IK, Song K, et al. A strong dose-response relation between serum concentrations of persistent organic pollutants and diabetes: results from the National Health and Examination Survey 1999–2002. *Diabetes Care*. 2006;29(7):1638–44.
69. Wu H, Bertrand KA, Choi AL, et al. Persistent organic pollutants and type 2 diabetes: a prospective analysis in the Nurses’ Health Study and meta-analysis. *Environ Health Perspect*. 2013; 121(2):153–61.
70. Schechter A, Colacino J, Haffner D, et al. Perfluorinated compounds, polychlorinated biphenyls, and organochlorine pesticide contamination in composite food samples from Dallas, Texas, USA. *Environ Health Perspect*. 2010;118(6):796–802.
71. Crinnion WJ. The role of persistent organic pollutants in the worldwide epidemic of type 2 diabetes mellitus and the possible connection to farmed Atlantic salmon (*Salmo salar*). *Altern Med Rev*. 2011;16(4):301–13.
72. Lee DH, Lee IK, Song K, et al. A strong dose-response relation between serum concentrations of persistent organic pollutants and diabetes: results from the National Health and Examination Survey 1999–2002. *Diabetes Care*. 2006;29(7):1638–44.

73. Crinnion WJ. The role of persistent organic pollutants in the worldwide epidemic of type 2 diabetes mellitus and the possible connection to farmed Atlantic salmon (*Salmo salar*). *Altern Med Rev.* 2011;16(4):301–13.
74. Farmer B, Larson BT, Fulgoni VL III, et al. A vegetarian dietary pattern as a nutrient-dense approach to weight management: an analysis of the National Health and Nutrition Examination Survey 1999–2004. *J Am Diet Assoc.* 2011;111(6):819–27.
75. Farmer B, Larson BT, Fulgoni VL III, et al. A vegetarian dietary pattern as a nutrient-dense approach to weight management: an analysis of the National Health and Nutrition Examination Survey 1999–2004. *J Am Diet Assoc.* 2011;111(6):819–27.
76. Toth MJ, Poehlman ET. Sympathetic nervous system activity and resting metabolic rate in vegetarians. *Metabolism.* 1994;43(5):621–5.
77. Karlic H, Schuster D, Varga F, et al. Vegetarian diet affects genes of oxidative metabolism and collagen synthesis. *Ann Nutr Metab.* 2008;53(1):29–32.
78. Vergnaud AC, Norat T, Romaguera D, et al. Meat consumption and prospective weight change in participants of the EPIC-PANACEA study. *Am J Clin Nutr.* 2010;92(2):398–407.
79. The Action to Control Cardiovascular Risk in Diabetes Study Group, Gerstein HC, Miller ME, et al. Effects of intensive glucose lowering in type 2 diabetes. *N Engl J Med.* 2008;358(24): 2545–59.
80. The Action to Control Cardiovascular Risk in Diabetes Study Group, Gerstein HC, Miller ME, et al. Effects of intensive glucose lowering in type 2 diabetes. *N Engl J Med.* 2008;358(24): 2545–59.
81. Luan FL, Nguyen K. Intensive glucose control in type 2 diabetes. *N Engl J Med.* 2008;359(14): 1519–20.
82. Blagosklonny MV. Prospective treatment of age-related diseases by slowing down aging. *Am J Pathol.* 2012;181(4):1142–6.
83. Madonna R, Pandolfi A, Massaro M, et al. Insulin enhances vascular cell adhesion molecule-1 expression in human cultured endothelial cells through a pro-atherogenic pathway mediated by p38 mitogen-activated protein-kinase. *Diabetologia.* 2004;47(3):532–6.
84. Lingvay I, Guth E, Islam A, et al. Rapid improvement in diabetes after gastric bypass surgery: is it the diet or surgery? *Diabetes Care.* 2013;36(9):2741–7.
85. Lingvay I, Guth E, Islam A, et al. Rapid improvement in diabetes after gastric bypass surgery: is it the diet or surgery? *Diabetes Care.* 2013;36(9):2741–7.
86. Taylor R. Type 2 diabetes: etiology and reversibility. *Diabetes Care.* 2013;36(4):1047–55.
87. Lim EL, Hollingsworth KG, Aribisala BS, Chen MJ, Mathers JC, Taylor R. Reversal of type 2 diabetes: normalisation of beta cell function in association with decreased pancreas and liver triacylglycerol. *Diabetologia.* 2011;54(10):2506–14.
88. Taheri S, Tahrani A, Barnett A. Bariatric surgery: a cure for diabetes? *Pract Diabetes Int.* 2009; 26:356–8.
89. Vergnaud AC, Norat T, Romaguera D, et al. Meat consumption and prospective weight change in participants of the EPIC-PANACEA study. *Am J Clin Nutr.* 2010;92(2):398–407.
90. Gilsing AM, Weijenberg MP, Hughes LA, et al. Longitudinal changes in BMI in older adults are associated with meat consumption differentially, by type of meat consumed. *J Nutr.* 2012; 142(2):340–9.

91. Wang Y, Lehane C, Ghebremeskel K, et al. Modern organic and broiler chickens sold for human consumption provide more energy from fat than protein. *Public Health Nutr.* 2010;13(3): 400–8.
92. National Cattlemen's Beef Association, Young MK, Redson BA. New USDA data show 29 beef cuts now meet government guidelines for lean. <http://www.beef.org/udocs/29leancuts.pdf>. 2005. Accessed March 6, 2015.
93. Steven S, Lim EL, Taylor R. Dietary reversal of type 2 diabetes motivated by research knowledge. *Diabet Med.* 2010;27(6):724–5.
94. Taylor R. Pathogenesis of type 2 diabetes: tracing the reverse route from cure to cause. *Diabetologia.* 2008;51(10):1781–9.
95. American Diabetes Association. Standards of medical care in diabetes—2015. *Diabetes Care.* 2015;38(suppl 1):S1– S93.
96. Dunaief DM, Fuhrman J, Dunaief JL, et al. Glycemic and cardiovascular parameters improved in type 2 diabetes with the high nutrient density (HND) diet. *Open Journal of Preventive Medicine.* 2012;2(3):364–71.
97. Lim EL, Hollingsworth KG, Aribisala BS, Chen MJ, Mathers JC, Taylor R. Reversal of type 2 diabetes: normalisation of beta cell function in association with decreased pancreas and liver triacylglycerol. *Diabetologia.* 2011;54(10):2506–14.
98. Steven S, Lim EL, Taylor R. Population response to information on reversibility of Type 2 diabetes. *Diabet Med.* 2013;30(4):e135–8.
99. Dunaief DM, Fuhrman J, Dunaief JL, et al. Glycemic and cardiovascular parameters improved in type 2 diabetes with the high nutrient density (HND) diet. *Open J Prev Med.* 2012;2(3):364–71.
100. Anderson JW, Ward K. High-carbohydrate, high-fiber diets for insulin-treated men with diabetes mellitus. *Am J Clin Nutr.* 1979;32(11):2312–21.
101. Anderson JW, Ward K. High-carbohydrate, high-fiber diets for insulin-treated men with diabetes mellitus. *Am J Clin Nutr.* 1979;32(11):2312–21.
102. Callaghan BC, Cheng H, Stables CL, et al. Diabetic neuropathy: clinical manifestations and current treatments. *Lancet Neurol.* 2012;11(6):521–34.
103. Said G. Diabetic neuropathy—a review. *Nat Clin Pract Neurol.* 2007;3(6):331–40.
104. Crane MG, Sample C. Regression of diabetic neuropathy with total vegetarian (vegan) diet. *J Nutr Med.* 1994;4(4):431–9.
105. Crane MG, Sample C. Regression of diabetic neuropathy with total vegetarian (vegan) diet. *J Nutr Med.* 1994;4(4):431–9.
106. Rabinowitch IM. Effects of the high carbohydrate-low calorie diet upon carbohydrate tolerance in diabetes mellitus. *Can Med Assoc J.* 1935;33(2):136–44.
107. Newborg B, Kempner W. Analysis of 177 cases of hypertensive vascular disease with papilledema; one hundred twenty-six patients treated with rice diet. *Am J Med.* 1955;19(1): 33–47.
108. Crane MG, Sample C. Regression of diabetic neuropathy with total vegetarian (vegan) diet. *J Nutr Med.* 1994;4(4):431–9.
109. Crane MG, Sample C. Regression of diabetic neuropathy with total vegetarian (vegan) diet. *J Nutr Med.* 1994;4(4):431–9.

110. Crane MG, Sample C. Regression of diabetic neuropathy with total vegetarian (vegan) diet. *J Nutr Med.* 1994;4(4):431–9.
111. Crane MG, Zielinski R, Aloia R. Cis and trans fats in omnivores, lacto-ovo vegetarians and vegans. *Am J Clin Nutr.* 1988;48:920.
112. Tesfaye S, Chaturvedi N, Eaton SEM, et al. Vascular risk factors and diabetic neuropathy. *N Engl J Med.* 2005;352(4):341–50.
113. Newrick PG, Wilson AJ, Jakubowski J, et al. Sural nerve oxygen tension in diabetes. *Br Med J (Clin Res Ed).* 1986;293(6554):1053–4.
114. McCarty MF. Favorable impact of a vegan diet with exercise on hemorheology: implications for control of diabetic neuropathy. *Med Hypotheses.* 2002;58(6):476–86.
115. Kempner W, Peschel RL, Schlayer C. Effect of rice diet on diabetes mellitus associated with vascular disease. *Postgrad Med.* 1958;24(4):359–71.
116. McCarty MF. Favorable impact of a vegan diet with exercise on hemorheology: implications for control of diabetic neuropathy. *Med Hypotheses.* 2002;58(6):476–86.
117. Browning LM, Hsieh SD, Ashwell M. A systematic review of waist-to-height ratio as a screening tool for the prediction of cardiovascular disease and diabetes: 0·5 could be a suitable global boundary value. *Nutr Res Rev.* 2010;23(2):247–69.
118. Bigaard J, Tjønneland A, Thomsen BL, Overvad K, Heitmann BL, S, Sørensen TI. Waist circumference, BMI, smoking, and mortality in middle-aged men and women. *Obes Res.* 2003; 11(7): 895–903.
119. Bigaard J, Tjønneland A, Thomsen BL, Overvad K, Heitmann BL, S, Sørensen TI. Waist circumference, BMI, smoking, and mortality in middle-aged men and women. *Obes Res.* 2003; 11(7): 895–903.
120. Leitzmann MF, Moore SC, Koster A, et al. Waist circumference as compared with body-mass index in predicting mortality from specific causes. *PLoS One.* 2011;6(4):e18582.
121. Browning LM, Hsieh SD, Ashwell M. A systematic review of waist-to-height ratio as a screening tool for the prediction of cardiovascular disease and diabetes: 0·5 could be a suitable global boundary value. *Nutr Res Rev.* 2010;23(2):247–69.
122. Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services; 2014. <http://www.cdc.gov/diabetes/data/statistics/2014StatisticsReport.html>. Updated October 24, 2014. Accessed March 6, 2015.
123. Nathan DM, Davidson MB, DeFronzo RA, et al. Impaired fasting glucose and impaired glucose tolerance: implications for care. *Diabetes Care.* 2007;30(3):753–9.
124. Karve A, Hayward RA. Prevalence, diagnosis, and treatment of impaired fasting glucose and impaired glucose tolerance in nondiabetic U.S. adults. *Diabetes Care.* 2010;33(11):2355–9.
125. Cardona-Morrell M, Rychetnik L, Morrell SL, Espinel PT, Bauman A. Reduction of diabetes risk in routine clinical practice: are physical activity and nutrition interventions feasible and are the outcomes from reference trials replicable? A systematic review and meta-analysis. *BMC Public Health.* 2010;10:653.
126. Holman H. Chronic disease—the need for a new clinical education. *JAMA.* 2004;292(9):1057–9.
127. Institute of Medicine. Crossing the Quality Chasm: A New Health System for the 21st Century. Washington, D.C.: The National Academies Press, 2001:213. <http://www.iom.edu/Reports/2001/Crossing-the-Quality-Chasm-A-New-Health-System-for-the-21st-Century.aspx>.

7. Как не умереть от гипертонии

1. Lozano R, Naghavi M, Foreman K, et al. Global and regional mortality from 235 causes of death for 20 age groups in 1990 and 2010: a systematic analysis for the Global Burden of Disease Study 2010. *Lancet.* 2012;380(9859):2095–128.
2. Das P, Samarasekera U. The story of GBD 2010: a “super-human” effort. *Lancet.* 2012; 380 (9859):2067–70.
3. Lim SS, Vos T, Flaxman AD, et al. A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990–2010: a systematic analysis for the Global Burden of Disease Study 2010. *Lancet.* 2012;380(9859):2224–60.
4. Lim SS, Vos T, Flaxman AD, et al. A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990–2010: a systematic analysis for the Global Burden of Disease Study 2010. *Lancet.* 2012;380(9859):2224–60.
5. Lim SS, Vos T, Flaxman AD, et al. A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990–2010: a systematic analysis for the Global Burden of Disease Study 2010. *Lancet.* 2012;380(9859):2224–60.
6. Bromfield S, Muntnar P. High blood pressure: the leading global burden of disease risk factor and the need for worldwide prevention programs. *Curr Hypertens Rep.* 2013;15(3):134–6.
7. Lim SS, Vos T, Flaxman AD, et al. A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990–2010: a systematic analysis for the Global Burden of Disease Study 2010. *Lancet.* 2012;380(9859):2224–60.
8. American Heart Association. Understanding Blood Pressure Readings. http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/Understanding-Blood-Pressure-Readings_UCM_301764_Article.jsp. March 11, 2015. Accessed March 11, 2015.
9. Go AS, Bauman MA, Coleman King SM, et al. An effective approach to high blood pressure control: a science advisory from the American Heart Association, the American College of Cardiology, and the Centers for Disease Control and Prevention. *J Am Coll Cardiol.* 2014;63(12): 1230–8.
10. Nwankwo T, Yoon SS, Burt V, Gu Q. Hypertension among adults in the United States: National Health and Nutrition Examination Survey, 2011–2012. *NCHS Data Brief.* 2013;(133):1–8.
11. Walker AR, Walker BF. High high-density-lipoprotein cholesterol in African children and adults in a population free of coronary heart disease. *Br Med J.* 1978;2(6148):1336–7.
12. Donnison CP. Blood pressure in the African native. *Lancet.* 1929;213(5497):6–7.
13. MacMahon S, Neal B, Rodgers A. Hypertension—time to move on. *Lancet.* 2005;365(9464): 1108–9.
14. Law MR, Morris JK, Wald NJ. Use of blood pressure lowering drugs in the prevention of cardiovascular disease: meta-analysis of 147 randomised trials in the context of expectations from prospective epidemiological studies. *BMJ.* 2009;338:b1665.
15. Donnison CP. Blood pressure in the African native. *Lancet.* 1929;213(5497):6–7.
16. Lim SS, Vos T, Flaxman AD, et al. A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990–2010: a systematic analysis for the Global Burden of Disease Study 2010. *Lancet.* 2012;380(9859):2224–60.

17. Lim SS, Vos T, Flaxman AD, et al. A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990–2010: a systematic analysis for the Global Burden of Disease Study 2010. *Lancet.* 2012;380(9859):2224–60.
18. Karppanen H, Mervaala E. Sodium intake and hypertension. *Prog Cardiovasc Dis.* 2006;49(2): 59–75.
19. Delahaye F. Should we eat less salt? *Arch Cardiovasc Dis.* 2013;106(5):324–32.
20. Jenkins DJ, Kendall CW. The garden of Eden: plant-based diets, the genetic drive to store fat and conserve cholesterol, and implications for epidemiology in the 21st century. *Epidemiology.* 2006;17(2):128–30.
21. Roberts WC. High salt intake, its origins, its economic impact, and its Effect on blood pressure. *Am J Cardiol.* 2001;88(11):1338–46.
22. Roberts WC. High salt intake, its origins, its economic impact, and its Effect on blood pressure. *Am J Cardiol.* 2001;88(11):1338–46.
23. Celermajer DS, Neal B. Excessive sodium intake and cardiovascular disease: a-salting our vessels. *J Am Coll Cardiol.* 2013;61(3):344–5.
24. Whelton PK, Appel LJ, Sacco RL, et al. Sodium, blood pressure, and cardiovascular disease: further evidence supporting the American Heart Association sodium reduction recommendations. *Circulation.* 2012;126(24):2880–9.
25. Centers for Disease Control and Prevention. Sodium intake among adults—United States, 2005–2006. *MMWR Morb Mortal Wkly Rep.* 2010;59(24):746–9.
26. Beaglehole R, Bonita R, Horton R, et al. Priority actions for the non-communicable disease crisis. *Lancet.* 2011;377(9775):1438–47.
27. Law MR, Frost CD, Wald NJ. By how much does dietary salt reduction lower blood pressure? III—Analysis of data from trials of salt reduction. *BMJ.* 1991;302(6780):819–24.
28. Bibbins-Domingo K, Chertow GM, Coxson PG, et al. Projected effect of dietary salt reductions on future cardiovascular disease. *N Engl J Med.* 2010 Feb 18;362(7):590–9.
29. MacGregor GA, Markandu ND, Best FE, et al. Double-blind randomised crossover trial of moderate sodium restriction in essential hypertension. *Lancet.* 1982;1(8268):351–5.
30. MacGregor GA, Markandu ND, Sagnella GA, Singer DR, Cappuccio FP. Double-blind study of three sodium intakes and long-term effects of sodium restriction in essential hypertension. *Lancet.* 1989;2(8674):1244–7.
31. MacGregor GA, Markandu ND, Sagnella GA, Singer DR, Cappuccio FP. Double-blind study of three sodium intakes and long-term effects of sodium restriction in essential hypertension. *Lancet.* 1989;2(8674):1244–7.
32. Rudelt A, French S, Harnack L. Fourteen-year trends in sodium content of menu offerings at eight leading fast-food restaurants in the USA. *Public Health Nutr.* 2014;17(8):1682–8.
33. Suckling RJ, He FJ, Markandu ND, MacGregor GA. Dietary salt influences postprandial plasma sodium concentration and systolic blood pressure. *Kidney Int.* 2012;81(4):407–11.
34. He FJ, Li J, MacGregor GA. Effect of longer term modest salt reduction on blood pressure: Cochrane systematic review and meta-analysis of randomised trials. *BMJ.* 2013;346:f1325.

35. Celermajer DS, Neal B. Excessive sodium intake and cardiovascular disease: a-salting our vessels. *J Am Coll Cardiol.* 2013;61(3):344–5.
36. Oliver WJ, Cohen EL, Neel JV. Blood pressure, sodium intake, and sodium related hormones in the Yanomamo Indians, a “no-salt” culture. *Circulation.* 1975;52(1):146–51.
37. Mancilha-Carvalho J de J, de Souza e Silva NA. The Yanomami Indians in the INTERSALT Study. *Arq Bras Cardiol.* 2003;80(3):289–300.
38. Celermajer DS, Neal B. Excessive sodium intake and cardiovascular disease: a-salting our vessels. *J Am Coll Cardiol.* 2013;61(3):344–5.
39. Mancilha-Carvalho J de J, de Souza e Silva NA. The Yanomami Indians in the INTERSALT Study. *Arq Bras Cardiol.* 2003;80(3):289–300.
40. Mancilha-Carvalho J de J, Crews DE. Lipid profiles of Yanomamo Indians of Brazil. *Prev Med.* 1990;19(1):66–75.
41. Kempner W. Treatment of heart and kidney disease and of hypertensive and arteriosclerotic vascular disease with the rice diet. *Ann Intern Med.* 1949;31(5):821–56.
42. Klemmer P, Grim CE, Luft FC. Who and what drove Walter Kempner? The rice diet revisited. *Hypertension.* 2014;64(4):684–8.
43. Kempner W. Treatment of heart and kidney disease and of hypertensive and arteriosclerotic vascular disease with the rice diet. *Ann Intern Med.* 1949;31(5):821–56.
44. Roberts WC. High salt intake, its origins, its economic impact, and its effect on blood pressure. *Am J Cardiol.* 2001;88(11):1338–46.
45. Dickinson KM, Clifton PM, Keogh JB. Endothelial function is impaired after a high-salt meal in healthy subjects. *Am J Clin Nutr.* 2011;93(3):500–5.
46. DuPont JJ, Greaney JL, Wenner MM, et al. High dietary sodium intake impairs endotheliumdependent dilation in healthy salt-resistant humans. *J Hypertens.* 2013;31(3):530–6.
47. Dickinson KM, Clifton PM, Keogh JB. Endothelial function is impaired after a high-salt meal in healthy subjects. *Am J Clin Nutr.* 2011;93(3):500–5.
48. Greaney JL, DuPont JJ, Lennon-Edwards SL, Sanders PW, Edwards DG, Farquhar WB. Dietary sodium loading impairs microvascular function independent of blood pressure in humans: role of oxidative stress. *J Physiol (Lond).* 2012;590(Pt 21):5519–28.
49. Jablonski KL, Racine ML, Geolfos CJ, et al. Dietary sodium restriction reverses vascular endothelial dysfunction in middle-aged/older adults with moderately elevated systolic blood pressure. *J Am Coll Cardiol.* 2013;61(3):335–43.
50. McCord JM. Analysis of superoxide dismutase activity. *Curr Protoc Toxicol.* 1999;Chapter 7: Unit 7.3.
51. Dickinson KM, Clifton PM, Burrell LM, Barrett PHR, Keogh JB. Postprandial effects of a high salt meal on serum sodium, arterial stiffness, markers of nitric oxide production and markers of endothelial function. *Atherosclerosis.* 2014;232(1):211–6.
52. *Huang Ti Nei Ching Su Wua [The Yellow Emperor's Classic of Internal Medicine]* (Veith I, Trans.) Oakland, CA: University of California Press; 1972:141.
53. Hanneman RL, Satin M. Comments to the Dietary Guidelines Committee on behalf of the Salt Institute. Comment ID: 000447. April 23, 2009.

54. Vital signs: food categories contributing the most to sodium consumption—United States, 2007–2008. *MMWR Morb Mortal Wkly Rep.* 2012;61(5):92–8.
55. Miller GD. Comments to the Dietary Guidelines Committee on behalf of the National Dairy Council, July 27, 2009.
56. Roberts WC. High salt intake, its origins, its economic impact, and its effect on blood pressure. *Am J Cardiol.* 2001;88(11):1338–46.
57. MacGregor G, de Wardener HE. Salt, blood pressure and health. *Int J Epidemiol.* 2002; 31(2):320–7.
58. Appel LJ, Anderson CAM. Compelling evidence for public health action to reduce salt intake. *N Engl J Med.* 2010;362(7):650–2.
59. Roberts WC. High salt intake, its origins, its economic impact, and its effect on blood pressure. *Am J Cardiol.* 2001;88(11):1338–46.
60. Buying this chicken? *Consum Rep.* June 2008;7.
61. Drewnowski A, Rehm CD. Sodium intakes of US children and adults from foods and beverages by location of origin and by specific food source. *Nutrients.* 2013;5(6):1840–55.
62. U.S. Department of Agriculture, Agricultural Research Service. 2014. USDA National Nutrient Database for Standard Reference, Release 27. Pizza Hut 14» pepperoni pizza, pan crust. <http://ndb.nal.usda.gov/ndb/foods/show/6800>. Accessed March 22, 2015.
63. Drewnowski A, Rehm CD. Sodium intakes of US children and adults from foods and beverages by location of origin and by specific food source. *Nutrients.* 2013;5(6):1840–55.
64. Blais CA, Pangborn RM, Borhani NO, Ferrell MF, Prineas RJ, Laing B. Effect of dietary sodium restriction on taste responses to sodium chloride: a longitudinal study. *Am J Clin Nutr.* 1986;44(2):232–43.
65. Tucker RM, Mattes RD. Are free fatty acids effective taste stimuli in humans? Presented at the symposium “The Taste for Fat: New Discoveries on the Role of Fat in Sensory Perception, Metabolism, Sensory Pleasure and Beyond” held at the Institute of Food Technologists 2011 Annual Meeting, New Orleans, LA, June 12, 2011. *J Food Sci.* 2012;77(3):S148–51.
66. Grieve FG, Vander Weg MW. Desire to eat high-and low-fat foods following a low-fat dietary intervention. *J Nutr Educ Behav.* 2003;35(2):98–102.
67. Stewart JE, Newman LP, Keast RS. Oral sensitivity to oleic acid is associated with fat intake and body mass index. *Clin Nutr.* 2011;30(6):838–44.
68. Stewart JE, Keast RS. Recent fat intake modulates fat taste sensitivity in lean and overweight subjects. *Int J Obes (Lond).* 2012;36(6):834–42.
69. Roberts WC. High salt intake, its origins, its economic impact, and its effect on blood pressure. *Am J Cardiol.* 2001;88(11):1338–46.
70. Newson RS, Elmadfa I, Biro G, et al. Barriers for progress in salt reduction in the general population. An international study. *Appetite.* 2013;71:22–31.
71. Cappuccio FP, Capewell S, Lincoln P, McPherson K. Policy options to reduce population salt intake. *BMJ.* 2011;343:d4995.
72. Toldrá F, Barat JM. Strategies for salt reduction in foods. *Recent Pat Food Nutr Agric.* 2012; 4(1):19–25.

73. Lin B-H, Guthrie J. Nutritional Quality of Food Prepared at Home and Away from Home, 1977–2008. USDA, Economic Research Service, December 2012.
74. Newson RS, Elmada I, Biro G, et al. Barriers for progress in salt reduction in the general population. An international study. *Appetite*. 2013;71:22–31.
75. Roberts WC. High salt intake, its origins, its economic impact, and its effect on blood pressure. *Am J Cardiol*. 2001;88(11):1338–46.
76. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, D.C.: US Government Printing Office, December 2010.
77. Karppanen H, Mervaala E. Sodium intake and hypertension. *Prog Cardiovasc Dis*. 2006;49(2): 59–75.
78. Law MR, Morris JK, Wald NJ. Use of blood pressure lowering drugs in the prevention of cardiovascular disease: meta-analysis of 147 randomised trials in the context of expectations from prospective epidemiological studies. *BMJ*. 2009;338:b1665.
79. Tighe P, Duthie G, Vaughan N, et al. Effect of increased consumption of whole-grain foods on blood pressure and other cardiovascular risk markers in healthy middle-aged persons: a randomized controlled trial. *Am J Clin Nutr*. 2010;92(4):733–40.
80. Diaconu CC, Balaceanu A, Bartos D. Diuretics, first-line antihypertensive agents: are they always safe in the elderly? *Rom J Intern Med*. 2014;52(2):87–90.
81. Li CI, Daling JR, Tang MT, Haugen KL, Porter PL, Malone KE. Use of antihypertensive medications and breast cancer risk among women aged 55 to 74 years. *JAMA Intern Med*. 2013; 173(17):1629–37.
82. Kaiser EA, Lotze U, Schiser HH. Increasing complexity: which drug class to choose for treatment of hypertension in the elderly? *Clin Interv Aging*. 2014;9:459–75.
83. Rasmussen ER, Mey K, Bygum A. Angiotensin-converting enzyme inhibitor-induced angioedema—a dangerous new epidemic. *Acta Derm Venereol*. 2014;94(3):260–4.
84. Tinetti ME, Han L, Lee DS, et al. Antihypertensive medications and serious fall injuries in a nationally representative sample of older adults. *JAMA Intern Med*. 2014;174(4):588–95.
85. Ye EQ, Chacko SA, Chou EL, Kugizaki M, Liu S. Greater whole-grain intake is associated with lower risk of type 2 diabetes, cardiovascular disease, and weight gain. *J Nutr*. 2012;142(7): 1304–13.
86. Aune D, Chan DS, Lau R, et al. Dietary fibre, whole grains, and risk of colorectal cancer: systematic review and dose-response meta-analysis of prospective studies. *BMJ*. 2011;343:d6617.
87. Tighe P, Duthie G, Vaughan N, et al. Effect of increased consumption of whole-grain foods on blood pressure and other cardiovascular risk markers in healthy middle-aged persons: a randomized controlled trial. *Am J Clin Nutr*. 2010;92(4):733–40.
88. Sun Q, Spiegelman D, van Dam RM, et al. White rice, brown rice, and risk of type 2 diabetes in US men and women. *Arch Intern Med*. 2010;170(11):961–9.
89. Ye EQ, Chacko SA, Chou EL, Kugizaki M, Liu S. Greater whole-grain intake is associated with lower risk of type 2 diabetes, cardiovascular disease, and weight gain. *J Nutr*. 2012;142(7): 1304–13.
90. Mellen PB, Liese AD, Tooze JA, Vitolins MZ, Wagenknecht LE, Herrington DM. Wholegrain intake and carotid artery atherosclerosis in a multiethnic cohort: the Insulin Resistance Atherosclerosis Study. *Am J Clin Nutr*. 2007;85(6):1495–502.

91. Erkkilä AT, Herrington DM, Mozaffarian D, et al. Cereal fiber and whole-grain intake are associated with reduced progression of coronary-artery atherosclerosis in postmenopausal women with coronary artery disease. *Am Heart J.* 2005;150(1):94–101.
92. Go AS, Bauman MA, Coleman King SM, et al. An effective approach to high blood pressure control: a science advisory from the American Heart Association, the American College of Cardiology, and the Centers for Disease Control and Prevention. *J Am Coll Cardiol.* 2014;63(12): 1230–8.
93. Mahmud A, Feely J. Low-dose quadruple antihypertensive combination: more efficacious than individual agents—a preliminary report. *Hypertension.* 2007;49(2):272–5.
94. Kronish IM, Woodward M, Sergie Z, Ogedegbe G, Falzon L, Mann DM. Meta-analysis: impact of drug class on adherence to antihypertensives. *Circulation.* 2011;123(15):1611–21.
95. Messerli FH, Bangalore S. Half a century of hydrochlorothiazide: facts, fads, fiction, and follies. *Am J Med.* 2011;124(10):896–9.
96. Law MR, Morris JK, Wald NJ. Use of blood pressure lowering drugs in the prevention of cardiovascular disease: meta-analysis of 147 randomised trials in the context of expectations from prospective epidemiological studies. *BMJ.* 2009;338:b1665.
97. Donnison CP. Blood pressure in the African native. *Lancet.* 1929;213(5497):6–7.
98. Morse WR, McGill MD, Beh YT. Blood pressure amongst aboriginal ethnic groups of Szechwan Province, West China. *Lancet.* 1937;229(5929):966–8.
99. Sacks FM, Kass EH. Low blood pressure in vegetarians: Effects of specific foods and nutrients. *Am J Clin Nutr.* 1988;48(3 Suppl):795–800.
100. Go AS, Bauman MA, Coleman King SM, et al. An effective approach to high blood pressure control: a science advisory from the American Heart Association, the American College of Cardiology, and the Centers for Disease Control and Prevention. *J Am Coll Cardiol.* 2014; 63(12): 1230–8.
101. Sharma AM, Schorr U. Dietary patterns and blood pressure. *N Engl J Med.* 1997;337(9):637.
102. Chen Q, Turban S, Miller ER, Appel LJ. The effects of dietary patterns on plasma renin activity: results from the Dietary Approaches to Stop Hypertension trial. *J Hum Hypertens.* 2012; 26(11):664–9.
103. Sacks FM, Rosner B, Kass EH. Blood pressure in vegetarians. *Am J Epidemiol.* 1974;100(5): 390–8.
104. Donaldson AN. The relation of protein foods to hypertension. *Cal West Med.* 1926;24(3):328–31.
105. Appel LJ, Brands MW, Daniels SR, et al. Dietary approaches to prevent and treat hypertension: a scientific statement from the American Heart Association. *Hypertension.* 2006;47(2): 296–308.
106. Sacks FM, Obarzanek E, Windhauser MM, et al. Rationale and design of the Dietary Approaches to Stop Hypertension trial (DASH). A multicenter controlled-feeding study of dietary patterns to lower blood pressure. *Ann Epidemiol.* 1995;5(2):108–18.
107. Karanja NM, Obarzanek E, Lin PH, et al. Descriptive characteristics of the dietary patterns used in the Dietary Approaches to Stop Hypertension trial. DASH Collaborative Research Group. *J Am Diet Assoc.* 1999;99(8 Suppl):S19–27.
108. Sacks FM, Kass EH. Low blood pressure in vegetarians: Effects of specific foods and nutrients. *Am J Clin Nutr.* 1988;48(3 Suppl):795–800.

109. de Paula TP, Steemburgo T, de Almeida JC, Dall'Alba V, Gross JL, de Azevedo MJ. The role of Dietary Approaches to Stop Hypertension (DASH) diet food groups in blood pressure in type 2 diabetes. *Br J Nutr.* 2012;108(1):155–62.
110. Yokoyama Y, Nishimura K, Barnard ND, et al. Vegetarian diets and blood pressure: a metaanalysis. *JAMA Intern Med.* 2014;174(4):577–87.
111. Le LT, Sabaté J. Beyond meatless, the health effects of vegan diets: findings from the Adventist cohorts. *Nutrients.* 2014;6(6):2131–47.
112. Fraser GE. Vegetarian diets: what do we know of their effects on common chronic diseases? *Am J Clin Nutr.* 2009;89(5):1607S–1612S.
113. Tonstad S, Stewart K, Oda K, Batech M, Herring RP, Fraser GE. Vegetarian diets and incidence of diabetes in the Adventist Health Study-2. *Nutr Metab Cardiovasc Dis.* 2013;23(4):292–9.
114. Fraser GE. Vegetarian diets: what do we know of their effects on common chronic diseases? *Am J Clin Nutr.* 2009;89(5):1607S–1612S.
115. Fontana L, Meyer TE, Klein S, Holloszy JO. Long-term low-calorie low-protein vegan diet and endurance exercise are associated with low cardiometabolic risk. *Rejuvenation Res.* 2007; 10(2):225–34.
116. Rodriguez-Leyva D, Weighell W, Edel AL, et al. Potent antihypertensive action of dietary flaxseed in hypertensive patients. *Hypertension.* 2013;62(6):1081–9.
117. Cornelissen VA, Buys R, Smart NA. Endurance exercise beneficially affects ambulatory blood pressure: a systematic review and meta-analysis. *J Hypertens.* 2013;31(4):639–48.
118. Geleijnse JM. Relation of raw and cooked vegetable consumption to blood pressure: the INTERMAP study. *J Hum Hypertens.* 2014;28(6):343–4.
119. Jayalath VH, de Souza RJ, Sievenpiper JL, et al. Effect of dietary pulses on blood pressure: a systematic review and meta-analysis of controlled feeding trials. *Am J Hypertens.* 2014; 27(1): 56–64.
120. Chiva-Blanch G, Urpi-Sarda M, Ros E, et al. Dealcoholized red wine decreases systolic and diastolic blood pressure and increases plasma nitric oxide: short communication. *Circ Res.* 2012;111(8):1065–8.
121. Figueroa A, Sanchez-Gonzalez MA, Wong A, Arjmandi BH. Watermelon extract supplementation reduces ankle blood pressure and carotid augmentation index in obese adults with prehypertension or hypertension. *Am J Hypertens.* 2012;25(6):640–3.
122. Gammon CS, Kruger R, Brown SJ, Conlon CA, von Hurst PR, Stone house W. Daily kiwifruit consumption did not improve blood pressure and markers of cardiovascular function in men with hypercholesterolemia. *Nutr Res.* 2014;34(3):235–40.
123. Anderson JW, Weiter KM, Christian AL, Ritchey MB, Bays HE. Raisins compared with other snack effects on glycemia and blood pressure: a randomized, controlled trial. *Postgrad Med.* 2014;126(1):37–43.
124. Akhtar S, Ismail T, Riaz M. Flaxseed-a miraculous defense against some critical maladies. *Pak J Pharm Sci.* 2013;26(1):199–208.
125. Rodriguez-Leyva D, Weighell W, Edel AL, et al. Potent antihypertensive action of dietary flaxseed in hypertensive patients. *Hypertension.* 2013;62(6):1081–9.
126. Ninomiya T, Perkovic V, Turnbull F, et al. Blood pressure lowering and major cardiovascular events in people with and without chronic kidney disease: meta-analysis of randomised controlled trials. *BMJ.* 2013;347:f5680.

127. Goyal A, Sharma V, Upadhyay N, Gill S, Sihag M. Flax and flaxseed oil: an ancient medicine & modern functional food. *J Food Sci Technol.* 2014;51(9):1633–53.
128. Carlsen MH, Halvorsen BL, Holte K, et al. The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. *Nutr J.* 2010;9:3.
129. Frank T, Netzel G, Kammerer DR, et al. Consumption of Hibiscus sabdariffa L. aqueous extract and its impact on systemic antioxidant potential in healthy subjects. *J Sci Food Agric.* 2012; 92(10):2207–18.
130. Chang HC, Peng CH, Yeh DM, Kao ES, Wang CJ. Hibiscus sabdariffa extract inhibits obesity and fat accumulation, and improves liver steatosis in humans. *Food Funct.* 2014;5(4):734–9.
131. Mozaffari-Khosravi H, Jalali-Khanabadi BA, Afkhami-Ardekani M, Fatehi F. Effects of sour tea (Hibiscus sabdariffa) on lipid profile and lipoproteins in patients with type II diabetes. *J Altern Complement Med.* 2009;15(8):899–903.
132. Aziz Z, Wong SY, Chong NJ. Effects of Hibiscus sabdariffa L. on serum lipids: a systematic review and meta-analysis. *J Ethnopharmacol.* 2013;150(2):442–50.
133. Lin T-L, Lin H-H, Chen C-C, et al. Hibiscus sabdariffa extract reduces serum cholesterol in men and women. *Nutr Res.* 2007;27:140–5.
134. Hopkins AL, Lamm MG, Funk JL, Ritenbaugh C. Hibiscus sabdariffa L. in the treatment of hypertension and hyperlipidemia: a comprehensive review of animal and human studies. *Fitoterapia.* 2013;85:84–94.
135. McKay DL, Chen CY, Saltzman E, Blumberg JB. Hibiscus sabdariffa L. tea (tisane) lowers blood pressure in prehypertensive and mildly hypertensive adults. *J Nutr.* 2010;140(2):298–303.
136. Chobanian AV, Bakris GL, Black HR, et al. Seventh report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. *Hypertension.* 2003;42(6):1206–52.
137. McKay DL, Chen CY, Saltzman E, Blumberg JB. Hibiscus sabdariffa L. tea (tisane) lowers blood pressure in prehypertensive and mildly hypertensive adults. *J Nutr.* 2010;140(2):298–303.
138. Herrera-Arellano A, Flores-Romero S, Chávez-Soto MA, Tortoriello J. Effectiveness and tolerability of a standardized extract from Hibiscus sabdariffa in patients with mild to moderate hypertension: a controlled and randomized clinical trial. *Phytomedicine.* 2004;11(5): 375–82.
139. US Food and Drug Administration. CAPOTEN® (Captopril Tablets, USP) http://www.accessdata.fda.gov/drugsatfda_docs/label/2012/018343s084lbl.pdf. Accessed March 19, 2015.
140. Hendricks JL, Marshall TA, Harless JD, Hogan MM, Qian F, Wefel JS. Erosive potentials of brewed teas. *Am J Dent.* 2013;26(5):278–82.
141. Malik J, Frankova A, Drabek O, Szakova J, Ash C, Kokoska L. Aluminium and other elements in selected herbal tea plant species and their infusions. *Food Chem.* 2013;139(1–4):728–34.
142. Förstermann U. Janus-faced role of endothelial NO synthase in vascular disease: uncoupling of oxygen reduction from NO synthesis and its pharmacological reversal. *Biol Chem.* 2006; 387(12):1521–33.
143. Franzini L, Ardigó D, Valtueña S, et al. Food selection based on high total antioxidant capacity improves endothelial function in a low cardiovascular risk population. *Nutr Metab Cardiovasc Dis.* 2012;22(1):50–7.
144. Webb AJ, Patel N, Loukogeorgakis S, et al. Acute blood pressure lowering, vasoprotective, and antiplatelet properties of dietary nitrate via bioconversion to nitrite. *Hypertension.* 2008; 51(3):784–90.

145. Smith RE, Ashiya M. Antihypertensive therapies. *Nat Rev Drug Discov.* 2007;6(8):597–8.
146. Kapil V, Khambata RS, Robertson A, Caulfield MJ, Ahluwalia A. Dietary nitrate provides sustained blood pressure lowering in hypertensive patients: a randomized, phase 2, doubleblind, placebo-controlled study. *Hypertension.* 2015;65(2):320–7.
147. Wylie LJ, Kelly J, Bailey SJ, et al. Beetroot juice and exercise: pharmacodynamic and dose-response relationships. *J Appl Physiol.* 2013;115(3):325–36.
148. European Food Safety Authority. Nitrate in vegetables: scientific opinion of the panel on contaminants in the food chain. *EFSA J.* 2008;689:1–79.
149. Murphy M, Eliot K, Heuertz RM, Weiss E. Whole beetroot consumption acutely improves running performance. *J Acad Nutr Diet.* 2012;112(4):548–52.
150. Clements WT, Lee SR, Bloomer RJ. Nitrate ingestion: a review of the health and physical performance effects. *Nutrients.* 2014;6(11):5224–64.
151. Hord NG, Tang Y, Bryan NS. Food sources of nitrates and nitrites: the physiologic context for potential health benefits. *Am J Clin Nutr.* 2009;90(1):1–10.
152. Bhupathiraju SN, Wedick NM, Pan A, et al. Quantity and variety in fruit and vegetable intake and risk of coronary heart disease. *Am J Clin Nutr.* 2013;98(6):1514–23.
153. Tamakoshi A, Tamakoshi K, Lin Y, Yagyu K, Kikuchi S. Healthy lifestyle and preventable death: findings from the Japan Collaborative Cohort (JACC) Study. *Prev Med.* 2009;48(5):486–92.
154. Wang F, Dai S, Wang M, Morrison H. Erectile dysfunction and fruit/vegetable consumption among diabetic Canadian men. *Urology.* 2013;82(6):1330–5.
155. Presley TD, Morgan AR, Bechtold E, et al. Acute effect of a high nitrate diet on brain perfusion in older adults. *Nitric Oxide.* 2011;24(1):34–42.
156. Engan HK, Jones AM, Ehrenberg F, Schagatay E. Acute dietary nitrate supplementation improves dry static apnea performance. *Respir Physiol Neurobiol.* 2012;182(2–3):53–9.
157. Bailey SJ, Winyard P, Vanhatalo A, et al. Dietary nitrate supplementation reduces the O₂ cost of low-intensity exercise and enhances tolerance to high-intensity exercise in humans. *J Appl Physiol.* 2009;107(4):1144–55.
158. Murphy M, Eliot K, Heuertz RM, Weiss E. Whole beetroot consumption acutely improves running performance. *J Acad Nutr Diet.* 2012;112(4):548–52.
159. Lidder S, Webb AJ. Vascular effects of dietary nitrate (as found in green leafy vegetables and beetroot) via the nitrate-nitrite-nitric oxide pathway. *Br J Clin Pharmacol.* 2013;75(3):677–96.
160. Wylie LJ, Kelly J, Bailey SJ, et al. Beetroot juice and exercise: pharmacodynamic and dose-response relationships. *J Appl Physiol.* 2013;115(3):325–36.

8. Как не умереть от болезней печени

1. Chiras, DD. *Human Biology*. Burlington, MA: Jones & Bartlett Learning; 2015.
2. Centers for Disease Control and Prevention. Deaths: final data for 2013 table 10. Number of deaths from 113 selected causes. *National Vital Statistics Report* 2016;64(2).

3. National Cancer Institute Surveillance, Epidemiology, and End Results Program. SEER stat factsheets: liver and intrahepatic bile duct cancer. <http://seer.cancer.gov/statfacts/html/livibd.html>. Accessed May 3, 2015.
4. Holubek WJ, Kalman S, Hoffman RS. Acetaminophen-induced acute liver failure: results of a United States multicenter, prospective study. *Hepatology*. 2006;43(4):880.
5. Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual causes of death in the United States, 2000. *JAMA*. 2004;291(10):1238–45.
6. CDC Morbidity and Mortality Weekly Report. Alcohol-attributable deaths and years of potential life lost—United States, 2001. <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5337a2.htm>. September 24, 2004. Accessed March 2, 2015.
7. Centers for Disease Control and Prevention. Fact sheets-alcohol use and your health. <http://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>. November 7, 2014. Accessed March 2, 2015.
8. Schwartz JM, Reinus JF. Prevalence and natural history of alcoholic liver disease. *Clin Liver Dis*. 2012;16(4):659–66.
9. Lane BP, Lieber CS. Ultrastructural alterations in human hepatocytes following ingestion of ethanol with adequate diets. *Am J Pathol*. 1966;49(4):593–603.
10. Mendenhall CL. Anabolic steroid therapy as an adjunct to diet in alcoholic hepatic steatosis. *Am J Dig Dis*. 1968;13(9):783–91.
11. O’Shea RS, Dasarathy S, McCullough AJ. Alcoholic liver disease. *Hepatology*. 2010;51(1): 307–28.
12. Mandayam S, Jamal MM, Morgan TR. Epidemiology of alcoholic liver disease. *Semin Liver Dis*. 2004;24(3):217–32.
13. Galambos JT. Natural history of alcoholic hepatitis. 3. Histological changes. *Gastroenterology*. 1972;63(6):1026–35.
14. Woerle S, Roeber J, Landen MG. Prevalence of alcohol dependence among excessive drinkers in New Mexico. *Alcohol Clin Exp Res*. 2007;31(2):293–8.
15. Kaskutas LA. Alcoholics anonymous effectiveness: faith meets science. *J Addict Dis*. 2009; 28(2):145–57.
16. Grönbaek M. The positive and negative health effects of alcohol and the public health implications. *J Intern Med*. 2009;265(4):407–20.
17. Britton A, Marmot MG, Shipley M. Who benefits most from the cardioprotective properties of alcohol consumption—health freaks or couch potatoes? *J Epidemiol Community Health*. 2008;62(10):905–8.
18. Agarwal DP. Cardioprotective effects of light-moderate consumption of alcohol: a review of putative mechanisms. *Alcohol Alcohol*. 2002;37(5):409–15.
19. Britton A, Marmot MG, Shipley M. Who benefits most from the cardioprotective properties of alcohol consumption—health freaks or couch potatoes? *J Epidemiol Community Health*. 2008; 62(10):905–8.
20. Britton A, Marmot MG, Shipley M. Who benefits most from the cardioprotective properties of alcohol consumption—health freaks or couch potatoes? *J Epidemiol Community Health*. 2008;62(10):905–8.
21. Kechagias S, Ernersson Å, Dahlqvist O, et al. Fast-food-based hyper-alimentation can induce rapid and profound elevation of serum alanine aminotransferase in healthy subjects. *Gut*. 2008;57(5):649–54.

22. McCarthy EM, Rinella ME. The role of diet and nutrient composition in nonalcoholic fatty liver disease. *J Acad Nutr Diet.* 2012;112(3):401–9.
23. Silverman JF, Pories WJ, Caro JF. Liver pathology in diabetes mellitus and morbid obesity: clinical, pathological and biochemical considerations. *Pathol Annu.* 1989;24:275–302.
24. Singh S, Allen AM, Wang Z, Prokop LJ, Murad MH, Loomba R. Fibrosis progression in nonalcoholic fatty liver vs nonalcoholic steatohepatitis: a systematic review and meta-analysis of paired-biopsy studies. *Clin Gastroenterol Hepatol.* 2014;S1542–3565(14):00602–8.
25. Zelber-Sagi S, Nitzan-Kaluski D, Goldsmith R, et al. Long term nutritional intake and the risk for non-alcoholic fatty liver disease (NAFLD): a population based study. *J Hepatol.* 2007; 47(5):711–7.
26. Zelber-Sagi S, Nitzan-Kaluski D, Goldsmith R, et al. Long term nutritional intake and the risk for non-alcoholic fatty liver disease (NAFLD): a population based study. *J Hepatol.* 2007; 47(5):711–7.
27. Longato L. Non-alcoholic fatty liver disease (NAFLD): a tale of fat and sugar? *Fibrogenesis Tissue Repair.* 2013;6(1):14.
28. Musso G, Gambino R, De Micheli F, et al. Dietary habits and their relations to insulin resistance and postprandial lipemia in nonalcoholic steatohepatitis. *Hepatology.* 2003;37(4):909–16.
29. Kontogianni MD, Tileli N, Margariti A, et al. Adherence to the Mediterranean diet is associated with the severity of non-alcoholic fatty liver disease. *Clin Nutr.* 2014;33(4):678–83.
30. Kim EJ, Kim BH, Seo HS, et al. Cholesterol-induced non-alcoholic fatty liver disease and atherosclerosis aggravated by systemic inflammation. *PLoS ONE.* 2014;9(6):e97841.
31. Yasutake K, Nakamura M, Shima Y, et al. Nutritional investigation of non-obese patients with non-alcoholic fatty liver disease: the significance of dietary cholesterol. *Scand J Gastroenterol.* 2009;44(4):471–7.
32. Duewell P, Kono H, Rayner KJ, et al. NLRP3 inflammasomes are required for atherogenesis and activated by cholesterol crystals that form early in disease. *Nature.* 2010;464(7293): 1357–61.
33. Ioannou GN, Haigh WG, Thorning D, Savard C. Hepatic cholesterol crystals and crown-like structures distinguish NASH from simple steatosis. *J Lipid Res.* 2013;54(5):1326–34.
34. U.S. Department of Agriculture Agricultural Research Service. National Nutrient Database for Standard Reference Release 27. Basic Report: 21359, McDonald's, sausage McMuffin with egg. <http://ndb.nal.usda.gov/ndb/foods/show/6845>. Accessed March 2, 2015.
35. Ioannou GN, Morrow OB, Connole ML, Lee SP. Association between dietary nutrient composition and the incidence of cirrhosis or liver cancer in the United States population. *Hepatology.* 2009;50(1):175–84.
36. National Institute of Diabetes and Digestive and Kidney Diseases. Liver transplantation. <http://www.niddk.nih.gov/health-information/health-topics/liver-disease/liver-transplant/Pages/facts.aspx>. June 2010. Accessed March 2, 2015.
37. Kwak JH, Baek SH, Woo Y, et al. Beneficial immunostimulatory effect of short-term Chlorella supplementation: enhancement of natural killer cell activity and early inflammatory response (randomized, double-blinded, placebo-controlled trial). *Nutr J.* 2012;11:53.
38. Azocar J, Diaz A. Efficacy and safety of Chlorella supplementation in adults with chronic hepatitis C virus infection. *World J Gastroenterol.* 2013 Feb 21;19(7):1085–90.
39. Goozner M. Why Sovaldi shouldn't cost \$84,000. *Mod Healthc.* 2014;44(18):26.

40. Lock G, Dirscherl M, Obermeier F, et al. Hepatitis C-contamination of toothbrushes: myth or reality? *J Viral Hepat.* 2006;13(9):571–3.
41. Bocket L, Chevaliez S, Talbodec N, Sobaszek A, Pawlotsky JM, Yazdanpanah Y. Occupational transmission of hepatitis C virus resulting from use of the same supermarket meat slicer. *Clin Microbiol Infect.* 2011;17(2):238–41.
42. Teo CG. Much meat, much malady: changing perceptions of the epidemiology of hepatitis E. *Clin Microbiol Infect.* 2010;16(1):24–32.
43. Yazaki Y, Mizuo H, Takahashi M, et al. Sporadic acute or fulminant hepatitis E in Hokkaido, Japan, may be food-borne, as suggested by the presence of hepatitis E virus in pig liver as food. *J Gen Virol.* 2003;84(Pt 9):2351–7.
44. Feagins AR, Opiressnig T, Guenette DK, Halbur PG, Meng XJ. Detection and characterization of infectious Hepatitis E virus from commercial pig livers sold in local grocery stores in the USA. *J Gen Virol.* 2007;88(Pt 3):912–7.
45. Feagins AR, Opiressnig T, Guenette DK, Halbur PG, Meng XJ. Detection and characterization of infectious Hepatitis E virus from commercial pig livers sold in local grocery stores in the USA. *J Gen Virol.* 2007;88(Pt 3):912–7.
46. Dalton HR, Bendall RP, Pritchard C, Henley W, Melzer D. National mortality rates from chronic liver disease and consumption of alcohol and pig meat. *Epidemiol Infect.* 2010; 138(2): 174–82.
47. Emerson SU, Arankalle VA, Purcell RH. Thermal stability of hepatitis E virus. *J Infect Dis.* 2005 Sep 1;192(5):930–3.
48. Centers for Disease Control and Prevention. What can you do to protect yourself and your family from food poisoning? <http://www.cdc.gov/foodsafety/prevention.html>. September 6, 2013. Accessed March 11, 2015.
49. Shinde NR, Patil TB, Deshpande AS, Gulhane RV, Patil MB, Bansod YV. Clinical profile, maternal and fetal outcomes of acute hepatitis E in pregnancy. *Ann Med Health Sci Res.* 2014; 4(Suppl 2):S133–9.
50. Navarro VJ, Barnhart H, Bonkovsky HL, et al. Liver injury from herbals and dietary supplements in the U.S. Drug-Induced Liver Injury Network. *Hepatology.* 2014;60(4):1399–408.
51. Yu EL, Sivagnanam M, Ellis L, Huang JS. Acute hepatotoxicity after ingestion of Morinda citrifolia (Noni Berry) juice in a 14-year-old boy. *J Pediatr Gastroenterol Nutr.* 2011;52(2):222–4.
52. Licata A, Craxt A. Considerations regarding the alleged association between Herbalife products and cases of hepatotoxicity: a rebuttal. *Intern Emerg Med.* 2014;9(5):601–2.
53. Lobb AL. Science in liquid dietary supplement promotion: the misleading case of mangosteen juice. *Hawaii J Med Public Health.* 2012;71(2):46–8.
54. Lobb AL. Science in liquid dietary supplement promotion: the misleading case of mangosteen juice. *Hawaii J Med Public Health.* 2012;71(2):46–8.
55. Boozer CN, Nasser JA, Heymsfield SB, Wang V, Chen G, Solomon JL. An herbal supplement containing Ma Huang-Guarana for weight loss: a randomized, double-blind trial. *Int J Obes Relat Metab Disord.* 2001;25(3):316–24.
56. US Government Accountability Office. Dietary Supplements Containing Ephedra: Health Risks and FDA's Oversight. <http://www.gao.gov/assets/120/110228.pdf>. July 23, 2003. Accessed March 2, 2015.

57. Preuss HG, Bagchi D, Bagchi M, Rao CV, Dey DK, Satyanarayana S. Effects of a natural extract of (-)-hydroxycitric acid (HCA-SX) and a combination of HCA-SX plus niacin-bound chromium and Gymnema sylvestre extract on weight loss. *Diabetes Obes Metab.* 2004;6(3):171–80.
58. Fong TL, Klontz KC, Canas-Coto A, et al. Hepatotoxicity due to hydroxycut: a case series. *Am J Gastroenterol.* 2010;105(7):1561–6.
59. Ye EQ, Chacko SA, Chou EL, Kugizaki M, Liu S. Greater whole-grain intake is associated with lower risk of type 2 diabetes, cardiovascular disease, and weight gain. *J Nutr.* 2012;142(7): 1304–13.
60. Karl JP, Saltzman E. The role of whole grains in body weight regulation. *Adv Nutr.* 2012; 3(5):697–707.
61. Ye EQ, Chacko SA, Chou EL, Kugizaki M, Liu S. Greater whole-grain intake is associated with lower risk of type 2 diabetes, cardiovascular disease, and weight gain. *J Nutr.* 2012;142(7): 1304–13.
62. Chang H-C, Huang C-N, Yeh D-M, Wang S-J, Peng C-H, Wang C-J. Oat prevents obesity and abdominal fat distribution, and improves liver function in humans. *Plant Foods Hum Nutr.* 2013;68(1):18–23.
63. Chang H-C, Huang C-N, Yeh D-M, Wang S-J, Peng C-H, Wang C-J. Oat prevents obesity and abdominal fat distribution, and improves liver function in humans. *Plant Foods Hum Nutr.* 2013;68(1):18–23.
64. Georgoulis M, Kontogianni MD, Tileli N, et al. The impact of cereal grain consumption on the development and severity of non-alcoholic fatty liver disease. *Eur J Nutr.* 2014;53(8):1727–35.
65. Valenti L, Riso P, Mazzocchi A, Porrini M, Fargion S, Agostoni C. Dietary anthocyanins as nutritional therapy for nonalcoholic fatty liver disease. *Oxid Med Cell Longev.* 2013;2013:145421.
66. Suda I, Ishikawa F, Hatakeyama M, et al. Intake of purple sweet potato beverage affects on serum hepatic biomarker levels of healthy adult men with borderline hepatitis. *Eur J Clin Nutr.* 2008;62(1):60–7.
67. Sun J, Chu YF, Wu X, Liu RH. Antioxidant and antiproliferative activities of common fruits. *J Agric Food Chem.* 2002;50(25):7449–54.
68. Ferguson PJ, Kurowska EM, Freeman DJ, Chambers AF, Koropatnick J. In vivo inhibition of growth of human tumor lines by flavonoid fractions from cranberry extract. *Nutr Cancer.* 2006;56(1):86–94.
69. Sun J, Hai Liu R. Cranberry phytochemical extracts induce cell cycle arrest and apoptosis in human MCF-7 breast cancer cells. *Cancer Lett.* 2006;241(1):124–34.
70. Ferguson PJ, Kurowska EM, Freeman DJ, Chambers AF, Koropatnick J. In vivo inhibition of growth of human tumor lines by flavonoid fractions from cranberry extract. *Nutr Cancer.* 2006; 56(1):86–94.
71. Kresty LA, Howell AB, Baird M. Cranberry proanthocyanidins mediate growth arrest of lung cancer cells through modulation of gene expression and rapid induction of apoptosis. *Molecules.* 2011;16(3):2375–90.
72. Seeram NP, Adams LS, Zhang Y, et al. Blackberry, black raspberry, blueberry, cranberry, red raspberry, and strawberry extracts inhibit growth and stimulate apoptosis of human cancer cells in vitro. *J Agric Food Chem.* 2006;54(25):9329–39.
73. Kim KK, Singh AP, Singh RK, et al. Anti-angiogenic activity of cranberry proanthocyanidins and cytotoxic properties in ovarian cancer cells. *Int J Oncol.* 2012;40(1):227–35.
74. Deziel B, MacPhee J, Patel K, et al. American cranberry (*Vaccinium macrocarpon*) extract affects human prostate cancer cell growth via cell cycle arrest by modulating expression of cell cycle regulators. *Food Funct.* 2012;3(5):556–64.

75. Liu M, Lin LQ, Song BB, et al. Cranberry phytochemical extract inhibits SGC-7901 cell growth and human tumor xenografts in Balb/c nu/nu mice. *J Agric Food Chem.* 2009;57(2):762–8.
76. Seeram NP, Adams LS, Hardy ML, Heber D. Total cranberry extract versus its phytochemical constituents: antiproliferative and synergistic effects against human tumor cell lines. *J Agric Food Chem.* 2004;52(9):2512–7.
77. Grace MH, Massey AR, Mbeunkui F, Yousef GG, Lila MA. Comparison of health-relevant flavonoids in commonly consumed cranberry products. *J Food Sci.* 2012;77(8):H176–83.
78. Grace MH, Massey AR, Mbeunkui F, Yousef GG, Lila MA. Comparison of health-relevant flavonoids in commonly consumed cranberry products. *J Food Sci.* 2012;77(8):H176–83.
79. Vinson JA, Bose P, Proch J, Al Kharrat H, Samman N. Cranberries and cranberry products: powerful in vitro, ex vivo, and in vivo sources of antioxidants. *J Agric Food Chem.* 2008; 56(14):5884–91.
80. White BL, Howard LR, Prior RL. Impact of different stages of juice processing on the anthocyanin, flavonol, and procyanidin contents of cranberries. *J Agric Food Chem.* 2011;59(9):4692–8.
81. Arnesen E, Huseby N-E, Brenn T, Try K. The Tromsø heart study: distribution of, and determinants for, gamma-glutamyltransferase in a free-living population. *Scand J Clin Lab Invest.* 1986;46(1):63–70.
82. Ruhl CE, Everhart JE. Coffee and tea consumption are associated with a lower incidence of chronic liver disease in the United States. *Gastroenterology.* 2005;129(6):1928–36.
83. Salgia R, Singal AG. Hepatocellular carcinoma and other liver lesions. *Med Clin North Am.* 2014; 98(1):103–18.
84. Sang LX, Chang B, Li X-H, Jiang M. Consumption of coffee associated with reduced risk of liver cancer: a meta-analysis. *BMC Gastroenterol.* 2013;13:34.
85. Lai GY, Weinstein SJ, Albanes D, et al. The association of coffee intake with liver cancer incidence and chronic liver disease mortality in male smokers. *Br J Cancer.* 2013;109(5):1344–51.
86. Fujita Y, Shibata A, Ogimoto I, et al. The effect of interaction between hepatitis C virus and cigarette smoking on the risk of hepatocellular carcinoma. *Br J Cancer.* 2006;94(5):737–9.
87. Danielsson J, Kangastupa P, Laatikainen T, Aalto M, Niemelä O. Dose-and gender-dependent interactions between coffee consumption and serum GGT activity in alcohol consumers. *Alcohol Alcohol.* 2013;48(3):303–7.
88. Bravi F, Bosetti C, Tavani A, Gallus S, La Vecchia C. Coffee reduces risk for hepatocellular carcinoma: an meta-analysis. *Clin Gastroenterol Hepatol.* 2013;11(11):1413–21.e1.
89. Browning JD, Szczeponiak LS, Dobbins R, et al. Prevalence of hepatic steatosis in an urban population in the United States: impact of ethnicity. *Hepatology.* 2004;40(6):1387–95.
90. Cardin R, Piscocchi M, Martines D, Scribano L, Petracco M, Farinati F. Effects of coffee consumption in chronic hepatitis C: a randomized controlled trial. *Dig Liver Dis.* 2013;45(6): 499–504.
91. Torres DM, Harrison SA. Is it time to write a prescription for coffee? Coffee and liver disease. *Gastroenterology.* 2013;144(4):670–2.
92. Ng V, Saab S. Can daily coffee consumption reduce liver disease-related mortality? *Clin Gastroenterol Hepatol.* 2013;11(11):1422–3.
93. Torres DM, Harrison SA. Is it time to write a prescription for coffee? Coffee and liver disease. *Gastroenterology.* 2013;144(4):670–2.

94. Juliano LM, Griffiths RR. A critical review of caffeine withdrawal: empirical validation of symptoms and signs, incidence, severity, and associated features. *Psychopharmacology (Berl)*. 2004; 176(1):1–29.
95. O’Keefe JH, Bhatti SK, Patil HR, DiNicolantonio JJ, Lucan SC, Lavie CJ. Effects of habitual coffee consumption on cardiometabolic disease, cardiovascular health, and all-cause mortality. *J Am Coll Cardiol*. 2013;62(12):1043–51.

9. Как не умереть от рака крови

1. Hunger SP, Lu X, Devidas M, et al. Improved survival for children and adolescents with acute lymphoblastic leukemia between 1990 and 2005: a report from the children’s oncology group. *J Clin Oncol*. 2012;30(14):1663–9.
2. National Cancer Institute Surveillance, Epidemiology, and End Results Program. SEER Stat Fact Sheets: Leukemia. <http://seer.cancer.gov/statfacts/html/leuks.html>. Accessed June 15, 2015.
3. American Cancer Society. Cancer Facts & Figures 2014. Atlanta: American Cancer Society; 2014.
4. American Cancer Society. Cancer Facts & Figures 2014. Atlanta: American Cancer Society; 2014.
5. American Cancer Society. Cancer Facts & Figures 2014. Atlanta: American Cancer Society; 2014.
6. Key TJ, Appleby PN, Spencer EA, et al. Cancer incidence in British vegetarians. *Br J Cancer*. 2009;101(1):192–7.
7. Vegetarians less likely to develop cancer than meat eaters [news release]. London, UK: *British Journal of Cancer*; July 1, 2009. http://www.nature.com/bjc/press_releases/p_r_jul09_6605098.html. Accessed March 11, 2015.
8. Suppapat K, Park CS, Shen Y, Zhu X, Lacorazza HD. Sulforaphane induces cell cycle arrest and apoptosis in acute lymphoblastic leukemia cells. *PLoS One*. 2012;7(12):e51251.
9. Han X, Zheng T, Foss F, et al. Vegetable and fruit intake and non-Hodgkin lymphoma survival in Connecticut women. *Leuk Lymphoma*. 2010;51(6):1047–54.
10. Thompson CA, Cerhan JR. Fruit and vegetable intake and survival from non-Hodgkin lymphoma: does an apple a day keep the doctor away? *Leuk Lymphoma*. 2010;51(6):963–4.
11. Thompson CA, Habermann TM, Wang AH, et al. Antioxidant intake from fruits, vegetables and other sources and risk of non-Hodgkin’s lymphoma: the Iowa Women’s Health Study. *Int J Cancer*. 2010;126(4):992–1003.
12. Holtan SG, O’Connor HM, Fredericksen ZS, et al. Food-frequency questionnaire-based estimates of total antioxidant capacity and risk of non-Hodgkin lymphoma. *Int J Cancer*. 2012; 131(5):1158–68.
13. Holtan SG, O’Connor HM, Fredericksen ZS, et al. Food-frequency questionnaire-based estimates of total antioxidant capacity and risk of non-Hodgkin lymphoma. *Int J Cancer*. 2012; 131(5):1158–68.
14. Thompson CA, Habermann TM, Wang AH, et al. Antioxidant intake from fruits, vegetables and other sources and risk of non-Hodgkin’s lymphoma: the Iowa Women’s Health Study. *Int J Cancer*. 2010;126(4):992–1003.
15. Bjelakovic G, Nikolova D, Simonetti RG, Gluud C. Antioxidant supplements for prevention of gastrointestinal cancers: a systematic review and meta-analysis. *Lancet*. 2004;364(9441): 1219–28.
16. Jacobs DR, Tapsell LC. Food synergy: the key to a healthy diet. *Proc Nutr Soc*. 2013;72(2):200–6.

17. Elsayed RK, Glisson JK, Minor DS. Rhabdomyolysis associated with the use of a mislabeled “acai berry” dietary supplement. *Am J Med Sci.* 2011;342(6):535–8.
18. Zhang Y, Wang D, Lee RP, Henning SM, Heber D. Absence of pomegranate ellagitannins in the majority of commercial pomegranate extracts: implications for standardization and quality control. *J Agric Food Chem.* 2009;57(16):7395–400.
19. Zhang Y, Krueger D, Durst R, et al. International multidimensional authenticity specification (IMAS) algorithm for detection of commercial pomegranate juice adulteration. *J Agric Food Chem.* 2009;57(6):2550–7.
20. Del Pozo-Insfran D, Percival SS, Talcott ST. Acai (*Euterpe oleracea* Mart.) polyphenolics in their glycoside and aglycone forms induce apoptosis of HL-60 leukemia cells. *J Agric Food Chem.* 2006;54(4):1222–9.
21. Schauss AG, Wu X, Prior RL, et al. Antioxidant capacity and other bioactivities of the freezedried Amazonian palm berry, *Euterpe oleraceae* mart. (aSch). *J Agric Food Chem.* 2006; 54(22):8604–10.
22. Jensen GS, Ager DM, Redman KA, Mitzner MA, Benson KF, Schauss AG. Pain reduction and improvement in range of motion after daily consumption of an acai (*Euterpe oleracea* Mart.) pulp-fortified polyphenolic-rich fruit and berry juice blend. *J Med Food.* 2011;14(7–8):702–11.
23. Udani JK, Singh BB, Singh VJ, Barrett ML. Effects of acai (*Euterpe oleracea* Mart.) berry preparation on metabolic parameters in a healthy overweight population: a pilot study. *Nutr J.* 2011;10:45.
24. Haytowitz DB, Bhagwat SA. USDA database for the oxygen radical capacity (ORAC) of selected foods, release 2. Washington, D.C.: United States Department of Agriculture; 2010.
25. American Cancer Society. Cancer Facts & Figures 2014. Atlanta: American Cancer Society; 2014.
26. Landgren O, Kyle RA, Pfeiffer RM, et al. Monoclonal gammopathy of undetermined significance (MGUS) consistently precedes multiple myeloma: a prospective study. *Blood.* 2009; 113(22):5412–7.
27. Landgren O, Kyle RA, Pfeiffer RM, et al. Monoclonal gammopathy of undetermined significance (MGUS) consistently precedes multiple myeloma: a prospective study. *Blood.* 2009; 113(22):5412–7.
28. Greenberg AJ, Vachon CM, Rajkumar SV. Disparities in the prevalence, pathogenesis and progression of monoclonal gammopathy of undetermined significance and multiple myeloma between blacks and whites. *Leukemia.* 2012;26(4):609–14.
29. Kyle RA, Therneau TM, Rajkumar SV, et al. A long-term study of prognosis in monoclonal gammopathy of undetermined significance. *N Engl J Med.* 2002;346(8):564–9.
30. Bharti AC, Donato N, Singh S, Aggarwal BB. Curcumin (diferuloylmethane) down-regulates the constitutive activation of nuclear factor-kappa B and IkappaBalpha kinase in human multiple myeloma cells, leading to suppression of proliferation and induction of apoptosis. *Blood.* 2003; 101(3):1053–62.
31. Golombick T, Diamond TH, Badmaev V, Manoharan A, Ramakrishna R. The potential role of curcumin in patients with monoclonal gammopathy of undefined significance— its effect on paraproteinemia and the urinary N-telopeptide of type I collagen bone turnover marker. *Clin Cancer Res.* 2009;15(18):5917–22.
32. Golombick T, Diamond TH, Manoharan A, Ramakrishna R. Monoclonal gammopathy of undetermined significance, smoldering multiple myeloma, and curcumin: a randomized, doubleblind placebo-controlled cross-over 4g study and an open-label 8g extension study. *Am J Hematol.* 2012;87(5):455–60.
33. Key TJ, Appleby PN, Spencer EA, et al. Cancer incidence in British vegetarians. *Br J Cancer.* 2009;101(1):192–7.

34. Rohrmann S, Linseisen J, Jakobsen MU, et al. Consumption of meat and dairy and lymphoma risk in the European Prospective Investigation into Cancer and Nutrition. *Int J Cancer.* 2011; 128(3):623–34.
35. U.S. Department of Agriculture Agricultural Research Service. National Nutrient Database for Standard Reference Release 27. Basic Report: 05358, Chicken, broiler, rotisserie, BBQ, breast meat and skin. <http://ndb.nal.usda.gov/ndb/foods/show/1058>. Accessed March 2, 2015.
36. Rohrmann S, Linseisen J, Jakobsen MU, et al. Consumption of meat and dairy and lymphoma risk in the European Prospective Investigation into Cancer and Nutrition. *Int J Cancer.* 2011; 128(3):623–34.
37. Chiu BC, Cerhan JR, Folsom AR, et al. Diet and risk of non-Hodgkin lymphoma in older women. *JAMA.* 1996;275(17):1315–21.
38. Daniel CR, Sinha R, Park Y, et al. Meat intake is not associated with risk of non-Hodgkin lymphoma in a large prospective cohort of U.S. men and women. *J Nutr.* 2012;142(6):1074–80.
39. Puangsombat K, Gadgil P, Houser TA, Hunt MC, Smith JS. Occurrence of heterocyclic amines in cooked meat products. *Meat Sci.* 2012;90(3):739–46.
40. ’t Mannetje A, Eng A, Pearce N. Farming, growing up on a farm, and haematological cancer mortality. *Occup Environ Med.* 2012;69(2):126–32.
41. Johnson ES, Zhou Y, Yau LC, et al. Mortality from malignant diseases—update of the Baltimore union poultry cohort. *Cancer Causes Control.* 2010;21(2):215–21.
42. Neasham D, Sifi A, Nielsen KR, et al. Occupation and risk of lymphoma: a multicentre prospective cohort study (EPIC). *Occup Environ Med.* 2011;68(1):77–81.
43. Kalland KH, Ke XS, Øyan AM. Tumour virology— history, status and future challenges. *APMIS.* 2009;117(5–6):382–99.
44. Centers for Disease Control and Prevention. Human Orf virus infection from house hold exposures—United States, 2009–2011. *MMWR Morb Mortal Wkly Rep.* 2012;61(14):245–8.
45. Benton EC. Warts in butchers—a cause for concern? *Lancet.* 1994;343(8906):1114.
46. Gubéran, Usel M, Raymond L, Fioretta G. Mortality and incidence of cancer among a cohort of self employed butchers from Geneva and their wives. *Br J Ind Med.* 1993;50(11):1008–16.
47. Johnson ES, Zhou Y, Yau LC, et al. Mortality from malignant diseases—update of the Baltimore union poultry cohort. *Cancer Causes Control.* 2010;21(2):215–21.
48. Johnson ES, Ndetan H, Lo KM. Cancer mortality in poultry slaughtering/processing plant workers belonging to a union pension fund. *Environ Res.* 2010;110(6):588–94.
49. Choi KM, Johnson ES. Occupational exposure assessment using antibody levels: exposure to avian leukosis/sarcoma viruses in the poultry industry. *Int J Environ Health Res.* 2011;21(4): 306–16.
50. Choi KM, Johnson ES. Industrial hygiene assessment of reticuloendotheliosis viruses exposure in the poultry industry. *Int Arch Occup Environ Health.* 2011;84(4):375–82.
51. Choi KM, Johnson ES. Industrial hygiene assessment of reticuloendotheliosis viruses exposure in the poultry industry. *Int Arch Occup Environ Health.* 2011;84(4):375–82.
52. Johnson ES, Ndetan H, Lo KM. Cancer mortality in poultry slaughtering/processing plant workers belonging to a union pension fund. *Environ Res.* 2010;110(6):588–94.
53. ’t Mannetje A, Eng A, Pearce N. Farming, growing up on a farm, and haematological cancer mortality. *Occup Environ Med.* 2012;69(2):126–32.

54. Tranah GJ, Bracci PM, Holly EA. Domestic and farm-animal exposures and risk of non-Hodgkin's lymphoma in a population-based study in the San Francisco Bay Area. *Cancer Epidemiol Biomarkers Prev.* 2008;17(9):2382–7.
55. Buehring GC, Philpott SM, Choi KY. Humans have antibodies reactive with Bovine leukemia virus. *AIDS Res Hum Retroviruses.* 2003;19(12):1105–13.
56. U.S. Department of Agriculture Animal and Plant Health Inspection Service. Bovine Leukosis Virus (BLV) on U.S. Dairy Operations, 2007. http://www.aphis.usda.gov/animal_health/nahms/dairy/downloads/dairy07/Dairy07_is_BLV.pdf. October 2008. Accessed March 2, 2015.
57. Buehring GC, Shen HM, Jensen HM, Choi KY, Sun D, Nuovo G. Bovine leukemia virus DNA in human breast tissue. *Emerging Infect Dis.* 2014;20(5):772–82.
58. Tranah GJ, Bracci PM, Holly EA. Domestic and farm-animal exposures and risk of non-Hodgkin's lymphoma in a population-based study in the San Francisco Bay Area. *Cancer Epidemiol Biomarkers Prev.* 2008;17(9):2382–7.
59. Schernhammer ES, Bertrand KA, Birmann BM, Sampson L, Willett WC, Feskanich D. Consumption of artificial sweetener-and sugar-containing soda and risk of lymphoma and leukemia in men and women. *Am J Clin Nutr.* 2012;96(6):1419–28.
60. Lim U, Subar AF, Mouw T, et al. Consumption of aspartame-containing beverages and incidence of hematopoietic and brain malignancies. *Cancer Epidemiol Biomarkers Prev.* 2006;15(9): 1654–9.
61. McCullough ML, Teras LR, Shah R, Diver WR, Gaudet MM, Gapstur SM. Artificially and sugar-sweetened carbonated beverage consumption is not associated with risk of lymphoid neoplasms in older men and women. *J Nutr.* 2014;144(12):2041–9.

10. Как не умереть от болезней почек

1. Stokes JB. Consequences of frequent hemodialysis: comparison to conventional hemodialysis and transplantation. *Trans Am Clin Climatol Assoc.* 2011;122:124–36.
2. Coresh J, Selvin E, Stevens LA, et al. Prevalence of chronic kidney disease in the United States. *JAMA.* 2007;298(17):2038–47.
3. Stevens LA, Li S, Wang C, et al. Prevalence of CKD and comorbid illness in elderly patients in the United States: results from the Kidney Early Evaluation Program (KEEP). *Am J Kidney Dis.* 2010;55(3 Suppl 2):S23–33.
4. Ryan TP, Sloand JA, Winters PC, Corsetti JP, Fisher SG. Chronic kidney disease prevalence and rate of diagnosis. *Am J Med.* 2007;120(11):981–6.
5. Hoerger TJ, Simpson SA, Yarnoff BO, et al. The future burden of CKD in the United States: a simulation model for the CDC CKD Initiative. *Am J Kidney Dis.* 2015;65(3):403–11.
6. Dalrymple LS, Katz R, Kestenbaum B, et al. Chronic kidney disease and the risk of end-stage renal disease versus death. *J Gen Intern Med.* 2011;26(4):379–85.
7. Kumar S, Bogle R, Banerjee D. Why do young people with chronic kidney disease die early? *World J Nephrol.* 2014;3(4):143–55.
8. Lin J, Hu FB, Curhan GC. Associations of diet with albuminuria and kidney function decline. *Clin J Am Soc Nephrol.* 2010;5(5):836–43.

9. Lin J, Hu FB, Curhan GC. Associations of diet with albuminuria and kidney function decline. *Clin J Am Soc Nephrol.* 2010;5(5):836–43.
10. Virchow, R. Cellular Pathology as Based upon Physiological and Pathological Histology. Twenty Lectures Delivered in the Pathological Institute of Berlin During the Months of February, March and April, 1858. Philadelphia, PA: J. B. Lippincott and Co.; 1863.
11. Moorhead JF, Chan MK, El-Nahas M, Varghese Z. Lipid nephrotoxicity in chronic progressive glomerular and tubulo-interstitial disease. *Lancet.* 1982;2(8311):1309–11.
12. Hartroft WS. Fat emboli in glomerular capillaries of choline-deficient rats and of patients with diabetic glomerulosclerosis. *Am J Pathol.* 1955;31(3):381–97.
13. Gyebi L, Soltani Z, Reisin E. Lipid nephrotoxicity: new concept for an old disease. *Curr Hypertens Rep.* 2012;14(2):177–81.
14. US Burden of Disease Collaborators. The state of US health, 1990–2010: burden of diseases, injuries, and risk factors. *JAMA.* 2013 Aug 14;310(6):591–608.
15. Odermatt A. The Western-style diet: a major risk factor for impaired kidney function and chronic kidney disease. *Am J Physiol Renal Physiol.* 2011;301(5):F919–31.
16. van den Berg E, Hospers FA, Navis G, et al. Dietary acid load and rapid progression to endstage renal disease of diabetic nephropathy in Westernized South Asian people. *J Nephrol.* 2011;24(1):11–7.
17. Piccoli GB, Vigotti FN, Leone F, et al. Low-protein diets in CKD: how can we achieve them? A narrative, pragmatic review. *Clin Kidney J.* 2015;8(1):61–70.
18. Brenner BM, Meyer TW, Hostetter TH. Dietary protein intake and the progressive nature of kidney disease: the role of hemodynamically mediated glomerular injury in the pathogenesis of progressive glomerular sclerosis in aging, renal ablation, and intrinsic renal disease. *N Engl J Med.* 1982 Sep 9;307(11):652–9.
19. Wiseman MJ, Hunt R, Goodwin A, Gross JL, Keen H, Viberti GC. Dietary composition and renal function in healthy subjects. *Nephron.* 1987;46(1):37–42.
20. Nakamura H, Takasawa M, Kashara S, et al. Effects of acute protein loads of different sources on renal function of patients with diabetic nephropathy. *Tohoku J Exp Med.* 1989;159(2):153–62.
21. Simon AH, Lima PR, Almerinda M, Alves VF, Bottini PV, de Faria JB. Renal haemodynamic responses to a chicken or beef meal in normal individuals. *Nephrol Dial Transplant.* 1998;13(9): 2261–4.
22. Kontessis P, Jones S, Dodds R, et al. Renal, metabolic and hormonal responses to ingestion of animal and vegetable proteins. *Kidney Int.* 1990;38(1):136–44.
23. Nakamura H, Takasawa M, Kashara S, et al. Effects of acute protein loads of different sources on renal function of patients with diabetic nephropathy. *Tohoku J Exp Med.* 1989;159(2):153–62.
24. Azadbakht L, Shakerhosseini R, Atabak S, Jamshidian M, Mehrabi Y, Esmaill-Zadeh A. Beneficiary effect of dietary soy protein on lowering plasma levels of lipid and improving kidney function in type II diabetes with nephropathy. *Eur J Clin Nutr.* 2003;57(10):1292–4.
25. Kontessis PA, Bossinakou I, Sarika L, et al. Renal, metabolic, and hormonal responses to proteins of different origin in normotensive, nonproteinuric type I diabetic patients. *Diabetes Care.* 1995;18(9):1233–40.

26. Teixeira SR, Tappenden KA, Carson L, et al. Isolated soy protein consumption reduces urinary albumin excretion and improves the serum lipid profile in men with type 2 diabetes mellitus and nephropathy. *J Nutr.* 2004;134(8):1874–80.
27. Stephenson TJ, Setchell KD, Kendall CW, Jenkins DJ, Anderson JW, Fanti P. Effect of soy protein-rich diet on renal function in young adults with insulin-dependent diabetes mellitus. *Clin Nephrol.* 2005;64(1):1–11.
28. Jibani MM, Bloodworth LL, Foden E, Griffi ths KD, Galpin OP. Predominantly vegetarian diet in patients with incipient and early clinical diabetic nephropathy: Effects on albumin excretion rate and nutritional status. *Diabet Med.* 1991;8(10):949–53.
29. Bosch JP, Saccaggi A, Lauer A, Ronco C, Belledonne M, Glabman S. Renal functional reserve in humans. Effect of protein intake on glomerular filtration rate. *Am J Med.* 1983;75(6): 943–50.
30. Liu ZM, Ho SC, Chen YM, Tang N, Woo J. Effect of whole soy and purified isoflavone daidzein on renal function—a 6-month randomized controlled trial in equol-producing postmenopausal women with prehypertension. *Clin Biochem.* 2014;47(13–14):1250–6.
31. Fioretto P, Trevisan R, Valerio A, et al. Impaired renal response to a meat meal in insulin-independent diabetes: role of glucagon and prostaglandins. *Am J Physiol.* 1990;258(3 Pt 2): F675–83.
32. Frassetto L, Morris RC, Sellmeyer DE, Todd K, Sebastian A. Diet, evolution and aging—the pathophysiologic Effects of the post-agricultural inversion of the potassium-to-sodium and baseto-chloride ratios in the human diet. *Eur J Nutr.* 2001;40(5):200–13.
33. Banerjee T, Crews DC, Wesson DE, et al. Dietary acid load and chronic kidney disease among adults in the United States. *BMC Nephrol.* 2014 Aug 24;15:137.
34. Sebastian A, Frassetto LA, Sellmeyer DE, Merriam RL, Morris RC. Estimation of the net acid load of the diet of ancestral preagricultural Homo sapiens and their hominid ancestors. *Am J Clin Nutr.* 2002;76(6):1308–16.
35. van den Berg E, Hospers FA, Navis G, et al. Dietary acid load and rapid progression to endstage renal disease of diabetic nephropathy in Westernized South Asian people. *J Nephrol.* 2011;24(1):11–7.
36. Uribarri J, Oh MS. The key to halting progression of CKD might be in the produce market, not in the pharmacy. *Kidney Int.* 2012;81(1):7–9.
37. Cohen E, Nardi Y, Krause I, et al. A longitudinal assessment of the natural rate of decline in renal function with age. *J Nephrol.* 2014;27(6):635–41.
38. Brenner BM, Meyer TW, Hostetter TH. Dietary protein intake and the progressive nature of kidney disease: the role of hemodynamically mediated glomerular injury in the pathogenesis of progressive glomerular sclerosis in aging, renal ablation, and intrinsic renal disease. *N Engl J Med.* 1982 Sep 9;307(11):652–9.
39. Frassetto LA, Todd KM, Morris RC, Sebastian A. Estimation of net endogenous noncarbonic acid production in humans from diet potassium and protein contents. *Am J Clin Nutr.* 1998;68(3): 576–83.
40. Wiseman MJ, Hunt R, Goodwin A, Gross JL, Keen H, Viberti GC. Dietary composition and renal function in healthy subjects. *Nephron.* 1987;46(1):37–42.
41. Kempner W. Treatment of heart and kidney disease and of hypertensive and arteriosclerotic vascular disease with the rice diet. *Ann Intern Med.* 1949;31(5):821–56.

42. Barsotti G, Morelli E, Cupisti A, Meola M, Dani L, Giovannetti S. A low-nitrogen lowphosphorus vegan diet for patients with chronic renal failure. *Nephron*. 1996;74(2):390–4.
43. Deriemaeker P, Aerenhouts D, Hebbelinck M, Clarys P. Nutrient based estimation of acid-base balance in vegetarians and non-vegetarians. *Plant Foods Hum Nutr*. 2010;65(1):77–82.
44. Goraya N, Simoni J, Jo C, Wesson DE. Dietary acid reduction with fruits and vegetables or bicarbonate attenuates kidney injury in patients with a moderately reduced glomerular filtration rate due to hypertensive nephropathy. *Kidney Int*. 2012;81(1):86–93.
45. Yaqoob MM. Treatment of acidosis in CKD. *Clin J Am Soc Nephrol*. 2013;8(3):342–3.
46. Goraya N, Simoni J, Jo C, Wesson DE. Dietary acid reduction with fruits and vegetables or bicarbonate attenuates kidney injury in patients with a moderately reduced glomerular filtration rate due to hypertensive nephropathy. *Kidney Int*. 2012;81(1):86–93.
47. Wright JA, Cavanaugh KL. Dietary sodium in chronic kidney disease: a comprehensive approach. *Semin Dial*. 2010;23(4):415–21.
48. Uribarri J, Oh MS. The key to halting progression of CKD might be in the produce market, not in the pharmacy. *Kidney Int*. 2012;81(1):7–9.
49. Goldfarb S. Dietary factors in the pathogenesis and prophylaxis of calcium nephrolithiasis. *Kidney Int*. 1988;34(4):544–55.
50. Scales CD Jr, Smith AC, Hanley JM, Saigal CS; Urologic Diseases in America Project. Prevalence of kidney stones in the United States. *Eur Urol*. 2012;62(1):160–5.
51. Robertson WG, Peacock M, Hodgkinson A. Dietary changes and the incidence of urinary calculi in the U.K. between 1958 and 1976. *J Chronic Dis*. 1979;32(6):469–76.
52. Robertson WG, Heyburn PJ, Peacock M, Hanes FA, Swaminathan R. The effect of high animal protein intake on the risk of calcium stone-formation in the urinary tract. *Clin Sci (Lond)*. 1979;57(3):285–8.
53. Robertson WG, Heyburn PJ, Peacock M, Hanes FA, Swaminathan R. The effect of high animal protein intake on the risk of calcium stone-formation in the urinary tract. *Clin Sci (Lond)*. 1979; 57(3):285–8.
54. Robertson WG, Peacock M, Heyburn PJ, et al. Should recurrent calcium oxalate stone formers become vegetarians? *Br J Urol*. 1979;51(6):427–31.
55. Turney BW, Appleby PN, Reynard JM, Noble JG, Key TJ, Allen NE. Diet and risk of kidney stones in the Oxford cohort of the European Prospective Investigation into Cancer and Nutrition (EPIC). *Eur J Epidemiol*. 2014;29(5):363–9.
56. Tracy CR, Best S, Bagrodia A, et al. Animal protein and the risk of kidney stones: A comparative metabolic study of animal protein sources. *J Urol*. 2014 Feb 8;192:137–41.
57. Bushinsky DA. Recurrent hypercalciuric nephrolithiasis— does diet help? *N Engl J Med*. 2002 Jan 10;346(2):124–5.
58. Borghi L, Schianchi T, Meschi T, et al. Comparison of two diets for the prevention of recurrent stones in idiopathic hypercalciuria. *N Engl J Med*. 2002 Jan 10;346(2):77–84.
59. Sorensen MD, Hsi RS, Chi T, et al. Dietary intake of fiber, fruit and vegetables decreases the risk of incident kidney stones in women: a Women's Health Initiative report. *J Urol*. 2014; 192(6):1694–9.
60. Mehta TH, Goldfarb DS. Uric acid stones and hyperuricosuria. *Adv Chronic Kidney Dis*. 2012;19(6):413–8.

61. de Vries A, Frank M, Liberman UA, Sperling O. Allopurinol in the prophylaxis of uric acid stones. *Ann Rheum Dis.* 1966;25(6 Suppl):691–3.
62. Siener R, Hesse A. The effect of a vegetarian and different omnivorous diets on urinary risk factors for uric acid stone formation. *Eur J Nutr.* 2003;42(6):332–7.
63. Siener R, Hesse A. The Effect of a vegetarian and different omnivorous diets on urinary risk factors for uric acid stone formation. *Eur J Nutr.* 2003;42(6):332–7.
64. Trinchieri A. Development of a rapid food screener to assess the potential renal acid load of diet in renal stone formers (LAKE score). *Arch Ital Urol Androl.* 2012;84(1):36–8.
65. Chae JY, Kim JW, Kim JW, et al. Increased fluid intake and adequate dietary modification may be enough for the successful treatment of uric acid stone. *Urolithiasis.* 2013;41(2):179–82.
66. Deriemaeker P, Aerenhouts D, Hebbelinck M, Clarys P. Nutrient based estimation of acid-base balance in vegetarians and non-vegetarians. *Plant Foods Hum Nutr.* 2010;65(1):77–82.
67. Adeva MM, Souto G. Diet-induced metabolic acidosis. *Clin Nutr.* 2011;30(4):416–21.
68. Dawson-Hughes B, Harris SS, Ceglia L. Alkaline diets favor lean tissue mass in older adults. *Am J Clin Nutr.* 2008;87(3):662–5.
69. Ritz E, Hahn K, Ketteler M, Kuhlmann MK, Mann J. Phosphate additives in food—a health risk. *Dtsch Arztebl Int.* 2012;109(4):49–55.
70. Ritz E, Hahn K, Ketteler M, Kuhlmann MK, Mann J. Phosphate additives in food—a health risk. *Dtsch Arztebl Int.* 2012;109(4):49–55.
71. Calvo MS, Uriarri J. Public health impact of dietary phosphorus excess on bone and cardiovascular health in the general population. *Am J Clin Nutr.* 2013;98(1):6–15.
72. Moe SM, Zidehsarai MP, Chambers MA, et al. Vegetarian compared with meat dietary protein source and phosphorus homeostasis in chronic kidney disease. *Clin J Am Soc Nephrol.* 2011; 6(2):257–64.
73. Fukagawa M, Komaba H, Miyamoto K. Source matters: from phosphorus load to bioavailability. *Clin J Am Soc Nephrol.* 2011;6(2):239–40.
74. Murphy-Gutekunst L, Uriarri J. Hidden phosphorus-enhanced meats: Part 3. *J Ren Nutr.* 2005 15(4):E1– E4.
75. Ritz E, Hahn K, Ketteler M, Kuhlmann MK, Mann J. Phosphate additives in food—a health risk. *Dtsch Arztebl Int.* 2012;109(4):49–55.
76. Karp H, Ekholm P, Kemi V, et al. Differences among total and in vitro digestible phosphorus content of plant foods and beverages. *J Ren Nutr.* 2012;22(4):416–22.
77. Karp H, Ekholm P, Kemi V, Hirvonen T, Lamberg-Allardt C. Differences among total and in vitro digestible phosphorus content of meat and milk products. *J Ren Nutr.* 2012;22(3):344–9.
78. Karp H, Ekholm P, Kemi V, et al. Differences among total and in vitro digestible phosphorus content of plant foods and beverages. *J Ren Nutr.* 2012;22(4):416–22.
79. Murphy-Gutekunst L, Uriarri J. Hidden phosphorus-enhanced meats: Part 3. *J Ren Nutr.* 2005 15(4):E1– E4.
80. Sherman RA, Mehta O. Phosphorus and potassium content of enhanced meat and poultry products: implications for patients who receive dialysis. *Clin J Am Soc Nephrol.* 2009;4(8):1370–3.

81. Benini O, D'Alessandro C, Gianfaldoni D, Cupisti A. Extra-phosphate load from food additives in commonly eaten foods: a real and insidious danger for renal patients. *J Ren Nutr.* 2011;21(4): 303–8.
82. Sherman RA, Mehta O. Phosphorus and potassium content of enhanced meat and poultry products: implications for patients who receive dialysis. *Clin J Am Soc Nephrol.* 2009;4(8): 1370–3.
83. Benini O, D'Alessandro C, Gianfaldoni D, Cupisti A. Extra-phosphate load from food additives in commonly eaten foods: a real and insidious danger for renal patients. *J Ren Nutr.* 2011;21(4): 303–8.
84. Shroff R. Phosphate is a vascular toxin. *Pediatr Nephrol.* 2013;28(4):583–93.
85. Shuto E, Taketani Y, Tanaka R, et al. Dietary phosphorus acutely impairs endothelial function. *J Am Soc Nephrol.* 2009;20(7):1504–12.
86. Gunther NW, He Y, Fratamico P. Effects of polyphosphate additives on the pH of processed chicken exudates and the survival of *Campylobacter*. *J Food Prot.* 2011;74(10):1735–40.
87. Sherman RA, Mehta O. Dietary phosphorus restriction in dialysis patients: potential impact of processed meat, poultry, and fish products as protein sources. *Am J Kidney Dis.* 2009;54(1): 18–23.
88. Sherman RA, Mehta O. Dietary phosphorus restriction in dialysis patients: potential impact of processed meat, poultry, and fish products as protein sources. *Am J Kidney Dis.* 2009;54(1): 18–23.
89. Sullivan CM, Leon JB, Sehgal AR. Phosphorus-containing food additives and the accuracy of nutrient databases: implications for renal patients. *J Ren Nutr.* 2007;17(5):350–4.
90. Food and Drug Administration, Department of Health and Human Services. Final Determination Regarding Partially Hydrogenated Oils. Docket No. FDA-2013-N-1317. <https://s3.amazonaws.com/public-inspection.federalregister.gov/2015-14883.pdf>. June 16, 2015. Accessed June 16, 2015.
91. Food and Drug Administration, Department of Health and Human Services. Tentative determination regarding partially hydrogenated oils; request for comments and for scientific data and information. Federal Register Docket No. D78 FR 67169-75. <https://www.federalregister.gov/articles/2013/11/08/2013-26854/tentative-determination-regarding-partially-hydrogenated-oils-request-for-comments-and-for>. November 8, 2013. Accessed March 2, 2015.
92. Food and Drug Administration, Department of Health and Human Services. Tentative determination regarding partially hydrogenated oils; request for comments and for scientific data and information. Federal Register Docket No. D78 FR 67169-75. <https://www.federalregister.gov/articles/2013/11/08/2013-26854/tentative-determination-regarding-partially-hydrogenated-oils-request-for-comments-and-for>. November 8, 2013. Accessed March 2, 2015.
93. Neltner TG, Kulkami NR, Alger HM, et al. Navigating the U.S. food additive regulatory program. *Compr Rev Food Sci Food Saf.* 2011;10(6):342–68.
94. Neltner TG, Alger HM, O'Reilly JT, Krimsky S, Bero LA, Maffini MV. Conflicts of interest in approvals of additives to food determined to be generally recognized as safe: out of balance. *JAMA Intern Med.* 2013;173(22):2032–6.
95. Stuckler D, Basu S, McKee M. Commentary: UN high level meeting on non-communicable diseases: an opportunity for whom? *BMJ.* 2011;343:d5336.
96. Moodie R, Stuckler D, Monteiro C, et al. Profits and pandemics: prevention of harmful effects of tobacco, alcohol, and ultra-processed food and drink industries. *Lancet.* 2013;381(9867):670–9.
97. American Cancer Society. Cancer Facts & Figures 2014. Atlanta: American Cancer Society; 2014.

98. Kirkali Z, Cal C. Renal Cell Carcinoma: Overview. In Nargund VH, Raghavan D, Sandler HM, eds. *Urological Oncology*. London, UK: Springer; 2008:263–80.
99. Kirkali Z, Cal C. Renal Cell Carcinoma: Overview. In Nargund VH, Raghavan D, Sandler HM, eds. *Urological Oncology*. London, UK: Springer; 2008:263–80.
100. Ramírez N, Øzel MZ, Lewis AC, Marcé RM, Borrell F, Hamilton JF. Exposure to nitrosamines in thirdhand tobacco smoke increases cancer risk in non-smokers. *Environ Int*. 2014; 71:139–47.
101. Schick SF, Farraro KF, Perrino C, et al. Thirdhand cigarette smoke in an experimental chamber: evidence of surface deposition of nicotine, nitrosamines and polycyclic aromatic hydrocarbons and de novo formation of NNK. *Tob Control*. 2014;23(2):152–9.
102. Hecht SS. It is time to regulate carcinogenic tobacco-specific nitrosamines in cigarette tobacco. *Cancer Prev Res (Phila)*. 2014;7(7):639–47.
103. Rodgman A, Perfetti TA. *The Chemical Components of Tobacco and Tobacco Smoke*. Boca Raton, FL: CRC Press, Taylor & Francis Group; 2009.
104. Haorah J, Zhou L, Wang X, Xu G, Mirvish SS. Determination of total N-nitroso compounds and their precursors in frankfurters, fresh meat, dried salted fish, sauces, tobacco, and tobacco smoke particulates. *J Agric Food Chem*. 2001;49(12):6068–78.
105. Rohrmann S, Overvad K, Bueno-de-Mesquita HB, et al. Meat consumption and mortality—results from the European Prospective Investigation into Cancer and Nutrition. *BMC Med*. 2013;11:63.
106. Sinha R, Cross AJ, Graubard BI, Leitzmann MF, Schatzkin A. Meat intake and mortality: a prospective study of over half a million people. *Arch Intern Med*. 2009;169(6):562–71.
107. American Institute for Cancer Research. Recommendations for Cancer Prevention. http://www.aicr.org/reduce-your-cancer-risk/recommendations-for-cancer-prevention/recommendations_05_red_meat.html. April 17, 2011. Accessed March 2, 2015.
108. USDA. Additives in meat and poultry products. <http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/additives-in-meat-and-poultry-products/additives-in-meat-and-poultry-products>. March 24, 2015. Accessed May 3, 2015.
109. Sebranek JG, Jackson-Davis AL, Myers KL, Lavieri NA. Beyond celery and starter culture: advances in natural/organic curing processes in the United States. *Meat Sci*. 2012;92(3): 267–73.
110. Dellavalle CT, Daniel CR, Aschebrook-Kilfoy B, et al. Dietary intake of nitrate and nitrite and risk of renal cell carcinoma in the NIH-AARP Diet and Health Study. *Br J Cancer*. 2013; 108(1):205–12.
111. Bartsch H, Ohshima H, Pignatelli B. Inhibitors of endogenous nitrosation. Mechanisms and implications in human cancer prevention. *Mutat Res*. 1988;202(2):307–24.
112. Dellavalle CT, Daniel CR, Aschebrook-Kilfoy B, et al. Dietary intake of nitrate and nitrite and risk of renal cell carcinoma in the NIH-AARP Diet and Health Study. *Br J Cancer*. 2013; 108(1):205–12.
113. Liu B, Mao Q, Wang X, et al. Cruciferous vegetables consumption and risk of renal cell carcinoma: a meta-analysis. *Nutr Cancer*. 2013;65(5):668–76.

11. Как не умереть от рака груди

1. American Cancer Society. Breast Cancer Facts & Figures 2013–2014. <http://www.cancer.org/acs/groups/content/@research/documents/document/acspc-042725.pdf>. 2013. Accessed March 10, 2015.

2. Sanders ME, Schuyler PA, Dupont WD, Page DL. The natural history of low-grade ductal carcinoma in situ of the breast in women treated by biopsy only revealed over 30 years of longterm follow-up. *Cancer*. 2005;103(12):2481–4.
3. Nielsen M, Thomsen JL, Primdahl S, Dyreborg U, Andersen JA. Breast cancer and atypia among young and middle-aged women: a study of 110 medicolegal autopsies. *Br J Cancer*. 1987;56(6): 814–9.
4. Soto AM, Briskin C, Schaeberle C, Sonnenschein C. Does cancer start in the womb? Altered mammary gland development and predisposition to breast cancer due to in utero exposure to endocrine disruptors. *J Mammary Gland Biol Neoplasia*. 2013;18(2):199–208.
5. Del Monte U. Does the cell number 10(9) still really fit one gram of tumor tissue? *Cell Cycle*. 2009;8(3):505–6.
6. Black WC, Welch HG. Advances in diagnostic imaging and overestimations of disease prevalence and the benefits of therapy. *N Engl J Med*. 1993;328(17):1237–43.
7. Friberg S, Mattson S. On the growth rates of human malignant tumors: implications for medical decision making. *J Surg Oncol*. 1997;65(4):284–97.
8. Philippe E, Le Gal Y. Growth of seventy-eight recurrent mammary cancers. Quantitative study. *Cancer*. 1968;21(3):461–7.
9. Kuroishi T, Tominaga S, Morimoto T, et al. Tumor growth rate and prognosis of breast cancer mainly detected by mass screening. *Jpn J Cancer Res*. 1990;81(5):454–62.
10. American Association for Cancer Research. Studies weigh cost, Effectiveness of mammography. *Cancer Discov*. 2014;4(5):OF5.
11. Nielsen M, Thomsen JL, Primdahl S, Dyreborg U, Andersen JA. Breast cancer and atypia among young and middle-aged women: a study of 110 medicolegal autopsies. *Br J Cancer*. 1987;56(6): 814–9.
12. American Institute for Cancer Research. Recommendations for Cancer Prevention. <http://www.aicr.org/reduce-your-cancer-risk/recommendations-for-cancer-prevention/>. September 12, 2014. Accessed March 10, 2015.
13. American Institute for Cancer Research. AICR, the China Study, and Forks Over Knives. <http://www.aicr.org/about/advocacy/the-china-study.html>. January 9, 2015. Accessed March 10, 2015.
14. Hastert TA, Beresford SAA, Patterson RE, Kristal AR, White E. Adherence to WCRF/AICR cancer prevention recommendations and risk of postmenopausal breast cancer. *Cancer Epidemiol Biomarkers Prev*. 2013;22(9):1498–508.
15. Barnard RJ, Gonzalez JH, Liva ME, Ngo TH. Effects of a low-fat, high-fiber diet and exercise program on breast cancer risk factors in vivo and tumor cell growth and apoptosis in vitro. *Nutr Cancer*. 2006;55(1):28–34.
16. Ngo TH, Barnard RJ, Tymchuk CN, Cohen P, Aronson WJ. Effect of diet and exercise on serum insulin, IGF-I, and IGFBP-1 levels and growth of LNCaP cells in vitro (United States). *Cancer Causes Control*. 2002;13(10):929–35.
17. Allen NE, Appleby PN, Davey GK, Kaaks R, Rinaldi S, Key TJ. The associations of diet with serum insulin-like growth factor I and its main binding proteins in 292 women meat-eaters, vegetarians, and vegans. *Cancer Epidemiol Biomarkers Prev*. 2002;11(11):1441–8.
18. IARC. IARC Monographs on the Evaluation of Carcinogenic Risks to Humans, Vol 96, Alcohol Consumption and Ethyl Carbamate. Lyon, France: International Agency for Research on Cancer; 2010.

19. Stewart BW, Wild CP, eds. *World Cancer Report 2014*. Lyon, France: International Agency for Research on Cancer; 2014.
20. Bagnardi V, Rota M, Botteri E, et al. Light alcohol drinking and cancer: a meta-analysis. *Ann Oncol*. 2013;24(2):301–8.
21. Linderborg K, Salaspuro M, Väkeväinen S. A single sip of a strong alcoholic beverage causes exposure to carcinogenic concentrations of acetaldehyde in the oral cavity. *Food Chem Toxicol*. 2011;49(9):2103–6.
22. Lachenmeier DW, Gumbel-Mako S, Sohnius EM, Keck-Wilhelm A, Kratz E, Mildau G. Salivary acetaldehyde increase due to alcohol-containing mouthwash use: a risk factor for oral cancer. *Int J Cancer*. 2009;125(3):730–5.
23. Chen WY, Rosner B, Hankinson SE, Colditz GA, Willett WC. Moderate alcohol consumption during adult life, drinking patterns, and breast cancer risk. *JAMA*. 2011;306(17): 1884–90.
24. Shufelt C, Merz CN, Yang Y, et al. Red versus white wine as a nutritional aromatase inhibitor in premenopausal women: a pilot study. *J Womens Health (Larchmt)*. 2012;21(3):281–4.
25. Eng ET, Williams D, Mandava U, Kirma N, Tekmal RR, Chen S. Anti-aromatase chemicals in red wine. *Ann N Y Acad Sci*. 2002;963:239–46.
26. Shufelt C, Merz CN, Yang Y, et al. Red versus white wine as a nutritional aromatase inhibitor in premenopausal women: a pilot study. *J Womens Health (Larchmt)*. 2012;21(3):281–4.
27. Chen S, Sun XZ, Kao YC, Kwon A, Zhou D, Eng E. Suppression of breast cancer cell growth with grape juice. *Pharmaceutical Biology*. 1998;36(Suppl 1):53–61.
28. Chen S, Sun XZ, Kao YC, Kwon A, Zhou D, Eng E. Suppression of breast cancer cell growth with grape juice. *Pharmaceutical Biology*. 1998;36(Suppl 1):53–61.
29. Adams LS, Zhang Y, Seeram NP, Heber D, Chen S. Pomegranate ellagitannin-derived compounds exhibit anti-proliferative and anti-aromatase activity in breast cancer cells in vitro. *Cancer Prev Res (Phila)*. 2010;3(1):108–13.
30. Chen S, Oh SR, Phung S, et al. Anti-aromatase activity of phytochemicals in white button mushrooms (*Agaricus bisporus*). *Cancer Res*. 2006;66(24):12026–34.
31. Mishal AA. Effects of different dress styles on vitamin D levels in healthy young Jordanian women. *Osteoporos Int*. 2001;12(11):931–5.
32. Cardinali DP, Pévet P. Basic aspects of melatonin action. *Sleep Med Rev*. 1998;2(3):175–90.
33. Blask DE, Dauchy RT, Sauer LA. Putting cancer to sleep at night: the neuroendocrine/circadian melatonin signal. *Endocrine*. 2005;27(2):179–88.
34. Flynn-Evans EE, Stevens RG, Tabandeh H, Schernhammer ES, Lockley SW. Total visual blindness is protective against breast cancer. *Cancer Causes Control*. 2009;20(9):1753–6.
35. He C, Anand ST, Ebell MH, Vena JE, Robb SW. Circadian disrupting exposures and breast cancer risk: a meta-analysis. *Int Arch Occup Environ Health*. 2015 Jul;88(5):533–47.
36. Hurley S, Goldberg D, Nelson D, et al. Light at night and breast cancer risk among California teachers. *Epidemiology*. 2014;25(5):697–706.
37. Bauer SE, Wagner SE, Burch J, Bayakly R, Vena JE. A case-referent study: light at night and breast cancer risk in Georgia. *Int J Health Geogr*. 2013;12:23.

38. Kloog I, Haim A, Stevens RG, Barchana M, Portnov BA. Light at night co-distributes with incident breast but not lung cancer in the female population of Israel. *Chronobiol Int.* 2008;25(1):65–81.
39. Li Q, Zheng T, Holford TR, Boyle P, Zhang Y, Dai M. Light at night and breast cancer risk: results from a population-based case-control study in Connecticut, USA. *Cancer Causes Control.* 2010;21(12):2281–5.
40. Basler M, Jetter A, Fink D, Seifert B, Kullak-Ublick GA, Trojan A. Urinary excretion of melatonin and association with breast cancer: meta-analysis and review of the literature. *Breast Care (Basel).* 2014;9(3):182–7.
41. Nagata C, Nagao Y, Shibuya C, Kashiki Y, Shimizu H. Association of vegetable intake with urinary 6-sulfatoxymelatonin level. *Cancer Epidemiol Biomarkers Prev.* 2005;14(5):1333–5.
42. Schernhammer ES, Feskanich D, Niu C, Dopfel R, Holmes MD, Hankinson SE. Dietary correlates of urinary 6-sulfatoxymelatonin concentrations in the Nurses' Health Study cohorts. *Am J Clin Nutr.* 2009;90(4):975–85.
43. Goncalves AK, Dantas Florencio GL, Maisonneuve de Atayde Silva MJ, Cobucci RN, Giraldo PC, Cote NM. Effects of physical activity on breast cancer prevention: a systematic review. *J Phys Act Health.* 2014;11(2):445–54.
44. Friedenreich CM, Woolcott CG, McTiernan A, et al. Alberta physical activity and breast cancer prevention trial: sex hormone changes in a year-long exercise intervention among postmenopausal women. *J Clin Oncol.* 2010;28(9):1458–66.
45. Kossman DA, Williams NI, Domchek SM, Kurzer MS, Stopfer JE, Schmitz KH. Exercise lowers estrogen and progesterone levels in premenopausal women at high risk of breast cancer. *J Appl Physiol.* 2011;111(6):1687–93.
46. Thune I, Furberg AS. Physical activity and cancer risk: dose-response and cancer, all sites and site-specific. *Med Sci Sports Exerc.* 2001;33(6 Suppl):S530–50.
47. Carpenter CL, Ross RK, Paganini-Hill A, Bernstein L. Lifetime exercise activity and breast cancer risk among post-menopausal women. *Br J Cancer.* 1999;80(11):1852–8.
48. Peters TM, Moore SC, Gierach GL, et al. Intensity and timing of physical activity in relation to postmenopausal breast cancer risk: the prospective NIH-AARP diet and health study. *BMC Cancer.* 2009;9:349.
49. Friedenreich CM, Cust AE. Physical activity and breast cancer risk: impact of timing, type and dose of activity and population subgroup Effects. *Br J Sports Med.* 2008;42(8):636–47.
50. Hildebrand JS, Gapstur SM, Campbell PT, Gaudet MM, Patel AV. Recreational physical activity and leisure-time sitting in relation to postmenopausal breast cancer risk. *Cancer Epidemiol Biomarkers Prev.* 2013;22(10):1906–12.
51. Widmark, EMP. Presence of cancer-producing substances in roasted food. *Nature.* 1939;143:984.
52. National Cancer Institute. Chemicals in Meat Cooked at High Temperatures and Cancer Risk. <http://www.cancer.gov/cancertopics/factsheet/Risk/cooked-meats>. Reviewed October 15, 2010. Accessed March 10, 2015.
53. Shaughnessy DT, Gangarosa LM, Schliebe B, et al. Inhibition of fried meat-induced colorectal DNA damage and altered systemic genotoxicity in humans by crucifera, chlorophyllin, and yogurt. *PLoS ONE.* 2011;6(4):e18707.

54. Zaidi R, Kumar S, Rawat PR. Rapid detection and quantification of dietary mutagens in food using mass spectrometry and ultra performance liquid chromatography. *Food Chem.* 2012; 135(4):2897–903.
55. Thiebaud HP, Knize MG, Kuzmicky PA, Hsieh DP, Felton JS. Airborne mutagens produced by frying beef, pork and a soy-based food. *Food Chem Toxicol.* 1995;33(10):821–8.
56. Zheng W, Lee SA. Well-done meat intake, heterocyclic amine exposure, and cancer risk. *Nutr Cancer.* 2009;61(4):437–46.
57. Goldfinger SE. By the way, doctor. In your May issue you say that eating medium or well-done beef increases one's risk for stomach cancer. But what about the dangers of eating rare beef?. *Harv Health Lett.* 1999;24(5):7.
58. Frandsen H, Frederiksen H, Alexander J. 2-Amino-1-methyl-6-(5-hydroxy-)phenylimidazo[4,5-b]pyridine (5-OH-PhIP), a biomarker for the genotoxic dose of the heterocyclic amine, 2-amino-1-methyl-6-phenylimidazo[4,5-b]pyridine (PhIP). *Food Chem Toxicol.* 2002;40(8): 1125–30.
59. Frandsen H. Biomonitoring of urinary metabolites of 2-amino-1-methyl-6-phenylimidazo[4,5-b]pyridine (PhIP) following human consumption of cooked chicken. *Food Chem Toxicol.* 2008; 46(9):3200–5.
60. Steck SE, Gaudet MM, Eng SM, et al. Cooked meat and risk of breast cancer— lifetime versus recent dietary intake. *Epidemiology.* 2007;18(3):373–82.
61. Zheng W, Gustafson DR, Sinha R, et al. Well-done meat intake and the risk of breast cancer. *J Natl Cancer Inst.* 1998;90(22):1724–9.
62. Rohrmann S, Lukas Jung SU, Linseisen J, Pfau W. Dietary intake of meat and meat-derived heterocyclic aromatic amines and their correlation with DNA adducts in female breast tissue. *Mutagenesis.* 2009;24(2):127–32.
63. Santella RM, Gammon M, Terry M, et al. DNA adducts, DNA repair genotype/phenotype and cancer risk. *Mutat Res.* 2005;592(1–2):29–35.
64. Lauber SN, Ali S, Gooperham NJ. The cooked food derived carcinogen 2-amino-1-methyl-6-phenylimidazo[4,5-b] pyridine is a potent oestrogen: a mechanistic basis for its tissue-specific carcinogenicity. *Carcinogenesis.* 2004;25(12):2509–17.
65. DeBruin LS, Martos PA, Josephy PD. Detection of PhIP (2-amino-1-methyl-6-phenylimidazo[4,5-b] pyridine) in the milk of healthy women. *Chem Res Toxicol.* 2001;14(11):1523–8.
66. Lauber SN, Ali S, Gooperham NJ. The cooked food derived carcinogen 2-amino-1-methyl-6-phenylimidazo[4,5-b] pyridine is a potent oestrogen: a mechanistic basis for its tissue-specific carcinogenicity. *Carcinogenesis.* 2004;25(12):2509–17.
67. DeBruin LS, Martos PA, Josephy PD. Detection of PhIP (2-amino-1-methyl-6-phenylimidazo[4,5-b] pyridine) in the milk of healthy women. *Chem Res Toxicol.* 2001;14(11):1523–8.
68. Bessette EE, Yasa I, Dunbar D, Wilkens LR, Le Marchand L, Turesky RJ. Biomonitoring of carcinogenic heterocyclic aromatic amines in hair: a validation study. *Chem Res Toxicol.* 2009; 22(8): 1454–63.
69. Grose KR, Grant JL, Bjeldanes LF, et al. Isolation of the carcinogen IQ from fried egg patties. *J Agric Food Chem.* 1986;34(2):201–2.
70. Holland RD, Gehring T, Taylor J, Lake BG, Gooperham NJ, Turesky RJ. Formation of a mutagenic heterocyclic aromatic amine from creatinine in urine of meat eaters and vegetarians. *Chem Res Toxicol.* 2005;18(3):579–90.

71. Magagnotti C, Orsi F, Bagnati R, et al. Effect of diet on serum albumin and hemoglobin adducts of 2-amino-1-methyl-6-phenylimidazo[4,5-b]pyridine (PhIP) in humans. *Int J Cancer.* 2000; 88(1): 1–6.
72. Lauber SN, Gooderham NJ. The cooked meat-derived mammary carcinogen 2-amino-1-methyl-6-phenylimidazo[4,5-b]pyridine promotes invasive behaviour of breast cancer cells. *Toxicology.* 2011;279(1–3):139–45.
73. Lauber SN, Gooderham NJ. The cooked meat-derived mammary carcinogen 2-amino-1-methyl-6-phenylimidazo[4,5-b]pyridine promotes invasive behaviour of breast cancer cells. *Toxicology.* 2011;279(1–3):139–45.
74. Vergnaud AC, Romaguera D, Peeters PH, et al. Adherence to the World Cancer Research Fund/American Institute for Cancer Research guidelines and risk of death in Europe: results from the European Prospective Investigation into Nutrition and Cancer cohort study. *Am J Clin Nutr.* 2013;97(5):1107–20.
75. Danilo C, Frank PG. Cholesterol and breast cancer development. *Current Opinion in Pharmacology.* 2012;12(6):677.
76. Firestone RA. Low-density lipoprotein as a vehicle for targeting antitumor compounds to cancer cells. *Bioconjug Chem.* 1994 5(2):105–13.
77. Rudling MJ, Stahle L, Peterson CO, Skoog L. Content of low density lipoprotein receptors in breast cancer tissue related to survival of patients. *Br Med J (Clin Res Ed).* 1986;292(6520): 580–2.
78. Danilo C, Frank PG. Cholesterol and breast cancer development. *Current Opinion in Pharmacology.* 2012;12(6):677–82.
79. Antalis CJ, Arnold T, Rasool T, Lee B, Buhman KK, Siddiqui RA. High ACAT1 expression in estrogen receptor negative basal-like breast cancer cells is associated with LDL-induced proliferation. *Breast Cancer Res Treat.* 2010;122(3):661–70.
80. Firestone RA. Low-density lipoprotein as a vehicle for targeting antitumor compounds to cancer cells. *Bioconjug Chem.* 1994;5(2):105–13.
81. Kitahara CM, Berrington de Gonzalez A, Freedman ND, et al. Total cholesterol and cancer risk in a large prospective study in Korea. *J Clin Oncol.* 2011;29(12):1592–8.
82. Undela K, Srikanth V, Bansal D. Statin use and risk of breast cancer: a meta-analysis of observational studies. *Breast Cancer Res Treat.* 2012;135(1):261–9.
83. McDougall JA, Malone KE, Daling JR, Cushing-Haugen KL, Porter PL, Li CI. Long-term statin use and risk of ductal and lobular breast cancer among women 55 to 74 years of age. *Cancer Epidemiol Biomarkers Prev.* 2013;22(9):1529–37.
84. Centers for Disease Control and Prevention. Data table for Figure 17. Statin drug use in the past 30 days among adults 45 years of age and over, by sex and age: United States, 1988–1994, 1999–2002, and 2005–2008. National Health and Nutrition Examination Survey. Chartbook: Centers for Disease Control; 2010. http://www.cdc.gov/nchs/data/hus/2010/fi_g17.pdf. Accessed March 25, 2015.
85. Maunsell E, Drolet M, Brisson J, Robert J, Deschell L. Dietary change after breast cancer: extent, predictors, and relation with psychological distress. *J Clin Oncol.* 2002;20(4): 1017–25.
86. Pierce JP, Stefanick ML, Flatt SW, et al. Greater survival after breast cancer in physically active women with high vegetable-fruit intake regardless of obesity. *J Clin Oncol.* 2007;25(17): 2345–51.
87. Li Q, Holford TR, Zhang Y, et al. Dietary fiber intake and risk of breast cancer by menopausal and estrogen receptor status. *Eur J Nutr.* 2013;52(1):217–23.

88. Li Q, Holford TR, Zhang Y, et al. Dietary fiber intake and risk of breast cancer by menopausal and estrogen receptor status. *Eur J Nutr.* 2013;52(1):217–23.
89. Howe GR, Hirohata T, Hislop TG, et al. Dietary factors and risk of breast cancer: combined analysis of 12 case-control studies. *J Natl Cancer Inst.* 1990;82(7):561–9.
90. Dong J-Y, He K, Wang P, Qin LQ. Dietary fiber intake and risk of breast cancer: a meta-analysis of prospective cohort studies. *Am J Clin Nutr.* 2011;94(3):900–5.
91. Aune D, Chan DS, Greenwood DC, et al. Dietary fiber and breast cancer risk: a systematic review and meta-analysis of prospective studies. *Ann Oncol.* 2012;23(6):1394–402.
92. Clemens R, Kranz S, Mobley AR, et al. Filling America’s fiber intake gap: summary of a roundtable to probe realistic solutions with a focus on grain-based foods. *J Nutr.* 2012;142(7): 1390S–401S.
93. Farmer B, Larson BT, Fulgoni VL, Rainville AJ, Liepa GU. A vegetarian dietary pattern as a nutrient-dense approach to weight management: an analysis of the National Health and Nutrition Examination Survey 1999–2004. *J Am Diet Assoc.* 2011;111(6):819–27.
94. Rizzo NS, Jaceldo-Siegl K, Sabate J, Fraser GE. Nutrient profiles of vegetarian and nonvegetarian dietary patterns. *J Acad Nutr Diet.* 2013;113(12):1610–9.
95. Dewell A, Weidner G, Sumner MD, Chi CS, Ornish D. A very-low-fat vegan diet increases intake of protective dietary factors and decreases intake of pathogenic dietary factors. *J Am Diet Assoc.* 2008;108(2):347–56.
96. Gallus S, Talamini R, Giacosa A, et al. Does an apple a day keep the oncologist away? *Ann Oncol.* 2005;16(11):1841–4.
97. Wolfe K, Wu X, Liu RH. Antioxidant activity of apple peels. *J Agric Food Chem.* 2003;51(3): 609–14.
98. Sun J, Liu RH. Apple phytochemical extracts inhibit proliferation of estrogen-dependent and estrogen-independent human breast cancer cells through cell cycle modulation. *J Agric Food Chem.* 2008;56(24):11661–7.
99. Wolfe K, Wu X, Liu RH. Antioxidant activity of apple peels. *J Agric Food Chem.* 2003;51(3): 609–14.
100. Reagan-Shaw S, Eggert D, Mukhtar H, Ahmad N. Antiproliferative effects of apple peel extract against cancer cells. *Nutr Cancer.* 2010;62(4):517–24.
101. Steck SE, Gaudet MM, Eng SM, et al. Cooked meat and risk of breast cancer—lifetime versus recent dietary intake. *Epidemiology.* 2007;18(3):373–82.
102. Murray S, Lake BG, Gray S, et al. Effect of cruciferous vegetable consumption on heterocyclic aromatic amine metabolism in man. *Carcinogenesis.* 2001;22(9):1413–20.
103. Murray S, Lake BG, Gray S, et al. Effect of cruciferous vegetable consumption on heterocyclic aromatic amine metabolism in man. *Carcinogenesis.* 2001;22(9):1413–20.
104. Murray S, Lake BG, Gray S, et al. Effect of cruciferous vegetable consumption on heterocyclic aromatic amine metabolism in man. *Carcinogenesis.* 2001;22(9):1413–20.
105. Thiébaud HP, Knize MG, Kuzmicky PA, Hsieh DP, Felton JS. Airborne mutagens produced by frying beef, pork and a soy-based food. *Food Chem Toxicol.* 1995;33(10):821–8.
106. Boggs DA, Palmer JR, Wise LA, et al. Fruit and vegetable intake in relation to risk of breast cancer in the Black Women’s Health Study. *Am J Epidemiol.* 2010;172(11):1268–79.

107. Boggs DA, Palmer JR, Wise LA, et al. Fruit and vegetable intake in relation to risk of breast cancer in the Black Women's Health Study. *Am J Epidemiol.* 2010;172(11):1268–79.
108. Tiede B, Kang Y. From milk to malignancy: the role of mammary stem cells in development, pregnancy and breast cancer. *Cell Res.* 2011;21(2):245–57.
109. Clevers H. The cancer stem cell: premises, promises and challenges. *Nat Med.* 2011;17(3):313–9.
110. Garrison TG, Ferguson DJ, Meier P. Dormancy of mammary carcinoma after mastectomy. *J Natl Cancer Inst.* 1999;91(1):80–5.
111. Aguirre-Ghiso JA. Models, mechanisms and clinical evidence for cancer dormancy. *Nat Rev Cancer.* 2007;7(11):834–46.
112. Clevers H. The cancer stem cell: premises, promises and challenges. *Nat Med.* 2011;17(3):313–9.
113. Li Y, Zhang T, Korkaya H, et al. Sulforaphane, a dietary component of broccoli/broccoli sprouts, inhibits breast cancer stem cells. *Clin Cancer Res.* 2010;16(9):2580–90.
114. Cornblatt BS, Ye L, Dinkova-Kostova AT, et al. Preclinical and clinical evaluation of sulforaphane for chemoprevention in the breast. *Carcinogenesis.* 2007;28(7):1485–90.
115. Fahey JW, Zhang Y, Talalay P. Broccoli sprouts: an exceptionally rich source of inducers of enzymes that protect against chemical carcinogens. *Proc Natl Acad Sci USA.* 1997;94(19): 10367–72.
116. Goyal A, Sharma V, Upadhyay N, Gill S, Sihag M. Flax and flaxseed oil: an ancient medicine & modern functional food. *J Food Sci Technol.* 2014;51(9):1633–53.
117. Smeds AI, Eklund PC, Sjoholm RE, et al. Quantification of a broad spectrum of lignans in cereals, oilseeds, and nuts. *J Agric Food Chem.* 2007;55(4):1337–46.
118. Rosolowich V, Saettler E, Szuck B, et al. Mastalgia. *J Obstet Gynaecol Can.* 2006;170:49–57.
119. Phipps WR, Martini MC, Lampe JW, Slavin JL, Kurzer MS. Effect of flaxseed ingestion on the menstrual cycle. *J Clin Endocrinol Metab.* 1993;77(5):1215–9.
120. Kelsey JL, Gammon MD, John EM. Reproductive factors and breast cancer. *Epidemiol Rev.* 1993;15(1):36–47.
121. Knekt P, Adlercreutz H, Rissanen H, Aromaa A, Teppo L, Heliövaara M. Does antibacterial treatment for urinary tract infection contribute to the risk of breast cancer? *Br J Cancer.* 2000;82(5):1107–10.
122. Buck K, Zaineddin AK, Vrieling A, Linseisen J, Chang-Claude J. Meta-analyses of lignans and enterolignans in relation to breast cancer risk. *Am J Clin Nutr.* 2010;92(1):141–53.
123. Abarzua S, Serikawa T, Szewczyk M, Richter DU, Piechulla B, Briese V. Antiproliferative activity of lignans against the breast carcinoma cell lines MCF 7 and BT 20. *Arch Gynecol Obstet.* 2012;285(4):1145–51.
124. Fabian CJ, Kimler BF, Zalles CM, et al. Reduction in Ki-67 in benign breast tissue of high-risk women with the lignan secoisolariciresinol diglycoside. *Cancer Prev Res (Phila).* 2010;3(10): 1342–50.
125. Buck K, Vrieling A, Zaineddin AK, et al. Serum enterolactone and prognosis of postmenopausal breast cancer. *J Clin Oncol.* 2011;29(28):3730–8.
126. Guglielmini P, Rubagotti A, Boccardo F. Serum enterolactone levels and mortality outcome in women with early breast cancer: a retrospective cohort study. *Breast Cancer Res Treat.* 2012; 132(2):661–8.

127. McCann SE, Thompson LU, Nie J, et al. Dietary lignan intakes in relation to survival among women with breast cancer: the Western New York Exposures and Breast Cancer (WEB) Study. *Breast Cancer Res Treat.* 2010;122(1):229–35.
128. Åberg UW, Saarinen N, Abrahamsson A, Nurmi T, Engblom S, Dabrosin C. Tamoxifen and flaxseed alter angiogenesis regulators in normal human breast tissue in vivo. *PLoS ONE.* 2011;6(9):e25720.
129. Thompson LU, Chen JM, Li T, Strasser-Weippl K, Goss PE. Dietary flaxseed alters tumor biological markers in postmenopausal breast cancer. *Clin Cancer Res.* 2005;11(10):3828–35.
130. Mueller SO, Simon S, Chae K, Metzler M, Korach KS. Phytoestrogens and their human metabolites show distinct agonistic and antagonistic properties on estrogen receptor alpha (ERalpha) and ERbeta in human cells. *Toxicol Sci.* 2004;80(1):14–25.
131. Oseni T, Patel R, Pyle J, Jordan VC. Selective estrogen receptor modulators and phytoestrogens. *Planta Med.* 2008;74(13):1656–65.
132. Oseni T, Patel R, Pyle J, Jordan VC. Selective estrogen receptor modulators and phytoestrogens. *Planta Med.* 2008;74(13):1656–65.
133. Nagata C, Mizoue T, Tanaka K, et al. Soy intake and breast cancer risk: an evaluation based on a systematic review of epidemiologic evidence among the Japanese population. *Jpn J Clin Oncol.* 2014;44(3):282–95.
134. Chen MN, Lin CC, Liu CF. Efficacy of phytoestrogens for menopausal symptoms: a metaanalysis and systematic review. *Climacteric.* 2015;18(2):260–9.
135. Chi F, Wu R, Zeng YC, Xing R, Liu Y, Xu ZG. Post-diagnosis soy food intake and breast cancer survival: a meta-analysis of cohort studies. *Asian Pac J Cancer Prev.* 2013;14(4):2407–12.
136. Bhagwat S, Haytowitz DB, Holden JM. USDA Database for the Isoflavone Content of Selected Foods, Release 2.0. http://www.ars.usda.gov/SP2UserFiles/Place/12354500/Data/isoflav/Isoflav_R2.pdf. September 2008. Accessed March 26, 2015.
137. Nechuta SJ, Caan BJ, Chen WY, et al. Soy food intake after diagnosis of breast cancer and survival: an in-depth analysis of combined evidence from cohort studies of US and Chinese women. *Am J Clin Nutr.* 2012;96(1):123–32.
138. Chi F, Wu R, Zeng YC, Xing R, Liu Y, Xu ZG. Post-diagnosis soy food intake and breast cancer survival: a meta-analysis of cohort studies. *Asian Pac J Cancer Prev.* 2013;14(4): 2407–12.
139. Kang HB, Zhang YF, Yang JD, Lu KL. Study on soy isoflavone consumption and risk of breast cancer and survival. *Asian Pac J Cancer Prev.* 2012;13(3):995–8.
140. Bosviel R, Dumollard E, Dechelotte P, Bignon YJ, Bernard-Gallon D. Can soy phytoestrogens decrease DNA methylation in BRCA1 and BRCA2 oncosuppressor genes in breast cancer? *OMICS.* 2012;16(5):235–44.
141. National Breast Cancer Coalition. National Breast Cancer Coalition survey reveals that heightened breast cancer awareness has insufficient impact on knowledge. <http://www.prnewswire.com/news-releases/national-breast-cancer-coalition-survey-reveals-thatheightened-breast-cancer-awareness-has-insufficient-impact-on-knowledge-58248962.html>. October 1, 2007. Accessed March 23, 2015.
142. Colditz GA, Willett WC, Hunter DJ, et al. Family history, age, and risk of breast cancer. Prospective data from the Nurses' Health Study. *JAMA.* 1993;270(3):338–43.

143. Bal A, Verma S, Joshi K, et al. BRCA1-methylated sporadic breast cancers are BRCA-like in showing a basal phenotype and absence of ER expression. *Virchows Arch.* 2012;461(3): 305–12.
144. Bosviel R, Dumollard E, Déchelotte P, Bignon YJ, Bernard-Gallon D. Can soy phytoestrogens decrease DNA methylation in BRCA1 and BRCA2 oncosuppressor genes in breast cancer? *OMICS.* 2012;16(5):235–44.
145. Magee PJ, Rowland I. Soy products in the management of breast cancer. *Curr Opin Clin Nutr Metab Care.* 2012;15(6):586–91.
146. Parkin DM, Fernández LM. Use of statistics to assess the global burden of breast cancer. *Breast J.* 2006;12 Suppl 1:S70–80.
147. Wu AH, Butler LM. Green tea and breast cancer. *Mol Nutr Food Res.* 2011;55(6):921–30.
148. Korde LA, Wu AH, Fears T, et al. Childhood soy intake and breast cancer risk in Asian American women. *Cancer Epidemiol Biomarkers Prev.* 2009;18(4):1050–9.
149. Wakchaure GC. Chapter 3: Production and marketing of mushrooms: Global and national scenario. In : Mushrooms: Singh N, Cijay B, Kamal S, Wakchaure GC, eds. *Cultivation, Marketing and Consumption.* Himachal Pradesh-173213, India: Directorate of Mushroom Research; 2014:15–22.
150. Zhang M, Huang J, Xie X, Holman CD. Dietary intakes of mushrooms and green tea combine to reduce the risk of breast cancer in Chinese women. *Int J Cancer.* 2009;124(6):1404–8.
151. Ganz PA. A teachable moment for oncologists: cancer survivors, 10 million strong and growing! *J Clin Oncol.* 2005;23(24):5458–60.
152. Ganz PA. A teachable moment for oncologists: cancer survivors, 10 million strong and growing! *J Clin Oncol.* 2005;23(24):5458–60.

12. Как не умереть от суицидальной депрессии

1. Centers for Disease Control and Prevention. National Center for Health Statistics. Deaths: Final Data for 2013, table 18. http://www.cdc.gov/nchs/data/nvsr/nvsr64/nvsr64_02.pdf. Accessed March 20, 2015.
2. Sartorius N. The economic and social burden of depression. *J Clin Psychiatry.* 2001;62 Suppl 15: 8–11.
3. Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19–22 June 1946; signed on 22 July 1946 by the representatives of 61 States (Official Records of the World Health Organization, no. 2, p. 100) and entered into force on 7 April 1948.
4. Kessler RC, Chiu WT, Demler O, Merikangas KR, Walters EE. Prevalence, severity, and comorbidity of 12-month DSM-IV disorders in the National Comorbidity Survey Replication. *Arch Gen Psychiatry.* 2005;62(6):617–27.
5. Chida Y, Steptoe A. Positive psychological well-being and mortality: a quantitative review of prospective observational studies. *Psychosom Med.* 2008;70(7):741–56.
6. Chida Y, Steptoe A. Positive psychological well-being and mortality: a quantitative review of prospective observational studies. *Psychosom Med.* 2008;70(7):741–56.
7. Grant N, Wardle J, Steptoe A. The relationship between life satisfaction and health behavior: a cross-cultural analysis of young adults. *Int J Behav Med.* 2009;16(3):259–68.

8. Cohen S, Doyle WJ, Turner RB, Alper CM, Skoner DP. Emotional style and susceptibility to the common cold. *Psychosom Med.* 2003;65(4):652–7.
9. Cohen S, Alper CM, Doyle WJ, Treanor JJ, Turner RB. Positive emotional style predicts resistance to illness after experimental exposure to rhinovirus or influenza A virus. *Psychosom Med.* 2006;68(6):809–15.
10. Beezhold BL, Johnston CS, Daigle DR. Vegetarian diets are associated with healthy mood states: a cross-sectional study in Seventh Day Adventist adults. *Nutr J.* 2010;9:26.
11. Beezhold BL, Johnston CS, Daigle DR. Vegetarian diets are associated with healthy mood states: a cross-sectional study in Seventh Day Adventist adults. *Nutr J.* 2010;9:26.
12. Knutson SF. Lifestyle and the use of health services. *Am J Clin Nutr.* 1994;59(5 Suppl):1171S–1175S.
13. Beezhold BL, Johnston CS, Daigle DR. Vegetarian diets are associated with healthy mood states: a cross-sectional study in Seventh Day Adventist adults. *Nutr J.* 2010;9:26.
14. Fisher M, Levine PH, Weiner B, et al. The effect of vegetarian diets on plasma lipid and platelet levels. *Arch Intern Med.* 1986;146(6):1193–7.
15. Institute of Medicine. *Dietary Reference Intakes: The Essential Guide to Nutrient Requirements.* Washington, D.C.: National Academies Press; 2006.
16. Vaz JS, Kac G, Nardi AE, Hibbeln JR. Omega-6 fatty acids and greater likelihood of suicide risk and major depression in early pregnancy. *J Affect Disord.* 2014;152–154:76–82.
17. National Cancer Institute. Table 4: Food Sources of Arachidonic Acid. http://appliedresearch.cancer.gov/diet/foodsources/fatty_acids/table4.html. Modified October 18, 2013. Accessed March 11, 2015.
18. Hirota S, Adachi N, Gomyo T, Kawashima H, Kiso Y, Kawabata T. Low-dose arachidonic acid intake increases erythrocytes and plasma arachidonic acid in young women. *Prostaglandins Leukot Essent Fatty Acids.* 2010;83(2):83–8.
19. Beezhold BL, Johnston CS, Daigle DR. Vegetarian diets are associated with healthy mood states: a cross-sectional study in Seventh Day Adventist adults. *Nutr J.* 2010;9:26.
20. Beezhold BL, Johnston CS. Restriction of meat, fish, and poultry in omnivores improves mood: a pilot randomized controlled trial. *Nutr J.* 2012;11:9.
21. Beezhold BL, Johnston CS, Daigle DR. Restriction of flesh foods in omnivores improves mood: a pilot randomized controlled trial. American Public Health Association Annual Conference, November 7–11, 2009. Philadelphia, PA.
22. Katcher HI, Ferdowsian HR, Hoover VJ, Cohen JL, Barnard ND. A worksite vegan nutrition program is well-accepted and improves health-related quality of life and work productivity. *Ann Nutr Metab.* 2010;56(4):245–52.
23. Katcher HI, Ferdowsian HR, Hoover VJ, Cohen JL, Barnard ND. A worksite vegan nutrition program is well-accepted and improves health-related quality of life and work productivity. *Ann Nutr Metab.* 2010;56(4):245–52.
24. Mishra S, Xu J, Agarwal U, Gonzales J, Levin S, Barnard ND. A multicenter randomized controlled trial of a plant-based nutrition program to reduce body weight and cardiovascular risk in the corporate setting: the GEICO study. *Eur J Clin Nutr.* 2013;67(7):718–24.
25. Agarwal U, Mishra S, Xu J, Levin S, Gonzales J, Barnard ND. A multicenter randomized controlled trial of a nutrition intervention program in a multiethnic adult population in the corporate setting reduces

- depression and anxiety and improves quality of life: The GEICO Study. *Am J Health Promot.* 2015;29(4):245–54.
26. Tsai AC, Chang T-L, Chi S-H. Frequent consumption of vegetables predicts lower risk of depression in older Taiwanese—results of a prospective population-based study. *Public Health Nutr.* 2012;15(6):1087–92.
27. Gomez-Pinilla F, Nguyen TTJ. Natural mood foods: the actions of polyphenols against psychiatric and cognitive disorders. *Nutr Neurosci.* 2012;15(3):127–33.
28. Meyer JH, Ginovart N, Boovariwala A, et al. Elevated monoamine oxidase A levels in the brain: an explanation for the monoamine imbalance of major depression. *Arch Gen Psychiatry.* 2006; 63(11):1209–16.
29. de Villiers JC. Intracranial haemorrhage in patients treated with monoamineoxidase inhibitors. *Br J Psychiatry.* 1966;112(483):109–18.
30. Dixon Clarke SE, Ramsay RR. Dietary inhibitors of monoamine oxidase A. *J Neural Transm.* 2011;118(7):1031–41.
31. Lai JS, Hiles S, Bisquera A, Hure AJ, McEvoy M, Attia J. A systematic review and meta-analysis of dietary patterns and depression in community-dwelling adults. *Am J Clin Nutr.* 2014;99(1): 181–97.
32. White BA, Horwath CC, Conner TS. Many apples a day keep the blues away— daily experiences of negative and positive affect and food consumption in young adults. *Br J Health Psychol.* 2013;18(4):782–98.
33. Odjakova M, Hadjiivanova C. Animal neurotransmitter substances in plants. *Bulg J Plant Physiol.* 1997;23:94–102.
34. Ghirri A, Cannella C, Bignetti E. The psychoactive effects of aromatic amino acids. *Curr Nutr Food Science.* 2011;7(1):21–32.
35. Allen JA, Peterson A, Sufit R, et al. Post-epidemic eosinophilia-myalgia syndrome associated with L-tryptophan. *Arthritis Rheum.* 2011;63(11):3633–9.
36. Fernstrom JD, Faller DV. Neutral amino acids in the brain: changes in response to food ingestion. *J Neurochem.* 1978;30(6):1531–8.
37. Wurtman RJ, Wurtman JJ, Regan MM, McDermott JM, Tsay RH, Breu JJ. Effects of normal meals rich in carbohydrates or proteins on plasma tryptophan and tyrosine ratios. *Am J Clin Nutr.* 2003;77(1):128–32.
38. Wurtman JJ, Brzezinski A, Wurtman RJ, Laferriere B. Effect of nutrient intake on premenstrual depression. *Am J Obstet Gynecol.* 1989;161(5):1228–34.
39. Brinkworth GD, Buckley JD, Noakes M, Clifton PM, Wilson CJ. Long-term effects of a very low-carbohydrate diet and a low-fat diet on mood and cognitive function. *Arch Intern Med.* 2009;169(20):1873–80.
40. Fernstrom JD, Wurtman RJ. Brain serotonin content: physiological regulation by plasma neutral amino acids. *Science.* 1972;178(4059):414–6.
41. Hudson C, Hudson S, MacKenzie J. Protein-source tryptophan as an efficacious treatment for social anxiety disorder: a pilot study. *Can J Physiol Pharmacol.* 2007;85(9):928–32.
42. Schweiger U, Laessle R, Kittl S, Dickhaut B, Schweiger M, Pirke KM. Macronutrient intake, plasma large neutral amino acids and mood during weight-reducing diets. *J Neural Transm.* 1986;67(1–2):77–86.

43. Ferrence SC, Bendersky G. Therapy with saffron and the goddess at Thera. *Perspect Biol Med.* 2004;47(2):199–226.
44. Noorbala AA, Akhondzadeh S, Tahmacebi-Pour N, Jamshidi AH. Hydro-alcoholic extract of Crocus sativus L. versus fl uoxetine in the treatment of mild to moderate depression: a doubleblind, randomized pilot trial. *J Ethnopharmacol.* 2005;97(2):281–4.
45. Gohari AR, Saeidnia S, Mahmoodabadi MK. An overview on saffron, phytochemicals, and medicinal properties. *Pharmacogn Rev.* 2013;7(13):61–6.
46. Fukui H, Toyoshima K, Komaki R. Psychological and neuroendocrinological effects of odor of saffron (Crocus sativus). *Phytomedicine.* 2011;18(8–9):726–30.
47. Lucas M, O'Reilly EJ, Pan A, et al. Coffee, caffeine, and risk of completed suicide: results from three prospective cohorts of American adults. *World J Biol Psychiatry.* 2014;15(5): 377–86.
48. Klatsky AL, Armstrong MA, Friedman GD. Coffee, tea, and mortality. *Ann Epidemiol.* 1993; 3(4):375–81.
49. Tanskanen A, Tuomilehto J, Viinamnen H, Vartiainen E, Lehtonen J, Puska P. Heavy coffee drinking and the risk of suicide. *Eur J Epidemiol.* 2000;16(9):789–91.
50. Guo X, Park Y, Freedman ND, et al. Sweetened beverages, coffee, and tea and depression risk among older US adults. *PLoS One.* 2014;9(4):e94715.
51. Maher TJ, Wurtman RJ. Possible neurologic effects of aspartame, a widely used food additive. *Environ Health Perspect.* 1987;75:53–7.
52. Walton RG, Hudak R, Green-Waite RJ. Adverse reactions to aspartame: double-blind challenge in patients from a vulnerable population. *Biol Psychiatry.* 1993;34(1–2):13–7.
53. Lindseth GN, Coolahan SE, Petros TV, Lindseth PD. Neurobehavioral effects of aspartame consumption. *Res Nurs Health.* 2014;37(3):185–93.
54. U.S. Food and Drug Administration. Aspartame: Commissioner's final decision. *Fed Reg.* 1981;46: 38285–308.
55. Lindseth GN, Coolahan SE, Petros TV, Lindseth PD. Neurobehavioral effects of aspartame consumption. *Res Nurs Health.* 2014;37(3):185–93.
56. White house CR, Boullata J, McCauley LA. The potential toxicity of artificial sweeteners. *AAOHN J.* 2008;56(6):251–9.
57. Aspartame Information Center: Consumer Products. Aspartame website. http://www.aspartame.org/about/consumer-products/#.VF_cyr74tSU. Updated 2015. Accessed March 11, 2015.
58. White house CR, Boullata J, McCauley LA. The potential toxicity of artificial sweeteners. *AAOHN J.* 2008;56(6):251–9.
59. Yeung RR. The acute effects of exercise on mood state. *J Psychosom Res.* 1996;40(2):123–41.
60. Goodwin RD. Association between physical activity and mental disorders among adults in the United States. *Prev Med.* 2003;36(6):698–703.
61. Blumenthal JA, Babyak MA, Moore KA, et al. Effects of exercise training on older patients with major depression. *Arch Intern Med.* 1999;159(19):2349–56.
62. Blumenthal JA, Babyak MA, Doraiswamy PM, et al. Exercise and pharmacotherapy in the treatment of major depressive disorder. *Psychosom Med.* 2007;69(7):587–96.

63. Pandya CD, Howell KR, Pillai A. Antioxidants as potential therapeutics for neuropsychiatric disorders. *Prog Neuropsychopharmacol Biol Psychiatry*. 2013;46:214–23.
64. Michel TM, Pulschen D, Thome J. The role of oxidative stress in depressive disorders. *Curr Pharm Des*. 2012;18(36):5890–9.
65. McMartin SE, Jacka FN, Colman I. The association between fruit and vegetable consumption and mental health disorders: evidence from five waves of a national survey of Canadians. *Prev Med*. 2013;56(3–4):225–30.
66. Beydoun MA, Beydoun HA, Boueiz A, Shroff MR, Zonderman AB. Antioxidant status and its association with elevated depressive symptoms among US adults: National Health and Nutrition Examination Surveys 2005–6. *Br J Nutr*. 2013;109(9):1714–29.
67. Niu K, Guo H, Kakizaki M, et al. A tomato-rich diet is related to depressive symptoms among an elderly population aged 70 years and over: a population-based, cross-sectional analysis. *J Affect Disord*. 2013;144(1–2):165–70.
68. Payne ME, Steck SE, George RR, Steffens DC. Fruit, vegetable, and antioxidant intakes are lower in older adults with depression. *J Acad Nutr Diet*. 2012;112(12):2022–7.
69. Gilbody S, Lightfoot T, Sheldon T. Is low folate a risk factor for depression? A meta-analysis and exploration of heterogeneity. *J Epidemiol Community Health*. 2007;61(7):631–7.
70. Tolmunen T, Hintikka J, Ruusunen A, et al. Dietary folate and the risk of depression in Finnish middle-aged men. A prospective follow-up study. *Psychother Psychosom*. 2004;73(6):334–9.
71. Sharpley AL, Hockney R, McPeake L, Geddes JR, Cowen PJ. Folic acid supplementation for prevention of mood disorders in young people at familial risk: a randomised, double blind, placebo controlled trial. *J Affect Disord*. 2014;167:306–11.
72. Penn E, Tracy DK. The drugs don't work? Antidepressants and the current and future pharmacological management of depression. *Ther Adv Psychopharmacol*. 2012;2(5):179–88.
73. Turner EH, Matthews AM, Linardatos E, Tell RA, Rosenthal R. Selective publication of antidepressant trials and its influence on apparent efficacy. *N Engl J Med*. 2008;358(3):252–60.
74. Kirsch I. Antidepressants and the placebo effect. *Z Psychol*. 2014;222(3):128–34.
75. Kirsch I. Antidepressants and the placebo response. *Epidemiol Psichiatr Soc*. 2009;18(4): 318–22.
76. Spence D. Are antidepressants overprescribed? Yes. *BMJ*. 2013;346:f191.
77. Sugarman MA, Loree AM, Baltes BB, Grekin ER, Kirsch I. The efficacy of paroxetine and placebo in treating anxiety and depression: a meta-analysis of change on the Hamilton Rating Scales. *PLoS ONE*. 2014;9(8):e106337.
78. Kirsch I. Antidepressants and the placebo effect. *Z Psychol*. 2014;222(3):128–34.
79. Bleasdale C. Deception as treatment: the case of depression. *J Med Ethics*. 2011;37(1):13–6.
80. Kirsch I. Antidepressants and the placebo effect. *Z Psychol*. 2014;222(3):128–34.
81. Kirsch I. Antidepressants and the placebo effect. *Z Psychol*. 2014;222(3):128–34.

13. Как не умереть от рака простаты

1. Jahn JL, Giovannucci EL, Stampfer MJ. The high prevalence of undiagnosed prostate cancer at autopsy: implications for epidemiology and treatment of prostate cancer in the Prostate-specific Antigen-era. *Int J Cancer.* 2014;Dec 29.
2. Draisma G, Etzioni R, Tsodikov A, et al. Lead time and overdiagnosis in prostate-specific antigen screening: importance of methods and context. *J Natl Cancer Inst.* 2009;101(6):374–83.
3. Centers for Disease Control and Prevention. Prostate Cancer Statistics. <http://www.cdc.gov/cancer/prostate/statistics/index.htm>. Updated September 2, 2014. Accessed March 11, 2015.
4. Maruyama K, Oshima T, Ohyama K. Exposure to exogenous estrogen through intake of commercial milk produced from pregnant cows. *Pediatr Int.* 2010;52(1):33–8.
5. Danby FW. Acne and milk, the diet myth, and beyond. *J Am Acad Dermatol.* 2005;52(2):360–2.
6. Afeiche M, Williams PL, Mendiola J, et al. Dairy food intake in relation to semen quality and reproductive hormone levels among physically active young men. *Hum Reprod.* 2013;28(8): 2265–75.
7. Maruyama K, Oshima T, Ohyama K. Exposure to exogenous estrogen through intake of commercial milk produced from pregnant cows. *Pediatr Int.* 2010;52(1):33–8.
8. Steinman G. Mechanisms of twinning: VII. Effect of diet and heredity on the human twinning rate. *J Reprod Med.* 2006;51(5):405–10.
9. Melnik BC, John SM, Schmitz G. Milk is not just food but most likely a genetic transfection system activating mTORC1 signaling for postnatal growth. *Nutr J.* 2013;12:103.
10. Ludwig DS, Willett WC. Three daily servings of reduced-fat milk: an evidence-based recommendation? *JAMA Pediatr.* 2013;167(9):788–9.
11. Ludwig DS, Willett WC. Three daily servings of reduced-fat milk: an evidence-based recommendation? *JAMA Pediatr.* 2013;167(9):788–9.
12. Tate PL, Bibb R, Larcom LL. Milk stimulates growth of prostate cancer cells in culture. *Nutr Cancer.* 2011;63(8):1361–6.
13. Ganmaa D, Li XM, Qin LQ, Wang PY, Takeda M, Sato A. The experience of Japan as a clue to the etiology of testicular and prostatic cancers. *Med Hypotheses.* 2003;60(5):724–30.
14. Ganmaa D, Li XM, Wang J, Qin LQ, Wang PY, Sato A. Incidence and mortality of testicular and prostatic cancers in relation to world dietary practices. *Int J Cancer.* 2002;98(2):262–7.
15. Epstein SS. Unlabeled milk from cows treated with biosynthetic growth hormones: a case of regulatory abdication. *Int J Health Serv.* 1996;26(1):173–85.
16. Tate PL, Bibb R, Larcom LL. Milk stimulates growth of prostate cancer cells in culture. *Nutr Cancer.* 2011;63(8):1361–6.
17. Qin LQ, Xu JY, Wang PY, Kaneko T, Hoshi K, Sato A. Milk consumption is a risk factor for prostate cancer: meta-analysis of case-control studies. *Nutr Cancer.* 2004;48(1):22–7.
18. Qin LQ, Xu JY, Wang PY, Tong J, Hoshi K. Milk consumption is a risk factor for prostate cancer in Western countries: evidence from cohort studies. *Asia Pac J Clin Nutr.* 2007;16(3): 467–76.
19. Aune D, Navarro Rosenblatt DA, Chan DS, et al. Dairy products, calcium, and prostate cancer risk: a systematic review and meta-analysis of cohort studies. *Am J Clin Nutr.* 2015;101(1): 87–117.

20. Bischoff-Ferrari HA, Dawson-Hughes B, Baron JA, et al. Milk intake and risk of hip fracture in men and women: a meta-analysis of prospective cohort studies. *J Bone Miner Res.* 2011;26(4): 833–9.
21. Feskanich D, Bischoff-Ferrari HA, Frazier AL, Willett WC. Milk consumption during teenage years and risk of hip fractures in older adults. *JAMA Pediatr.* 2014;168(1):54–60.
22. Michaélsson K, Wolk A, Langenskiöld S, et al. Milk intake and risk of mortality and fractures in women and men: cohort studies. *BMJ.* 2014;349:g6015.
23. Batey LA, Welt CK, Rohr F, et al. Skeletal health in adult patients with classic galactosemia. *Osteoporos Int.* 2013;24(2):501–9.
24. Michaélsson K, Wolk A, Langenskiöld S, et al. Milk intake and risk of mortality and fractures in women and men: cohort studies. *BMJ.* 2014;349:g6015.
25. Cui X, Wang L, Zuo P, et al. D-galactose-caused life shortening in *Drosophila melanogaster* and *Musca domestica* is associated with oxidative stress. *Biogerontology.* 2004;5(5):317–25.
26. Cui X, Zuo P, Zhang Q, et al. Chronic systemic D-galactose exposure induces memory loss, neurodegeneration, and oxidative damage in mice: protective effects of R-alpha-lipoic acid. *J Neurosci Res.* 2006;84(3):647–54.
27. Michaélsson K, Wolk A, Langenskiöld S, et al. Milk intake and risk of mortality and fractures in women and men: cohort studies. *BMJ.* 2014;349:g6015.
28. Michaélsson K, Wolk A, Langenskiöld S, et al. Milk intake and risk of mortality and fractures in women and men: cohort studies. *BMJ.* 2014;349:g6015.
29. Michaélsson K, Wolk A, Langenskiöld S, et al. Milk intake and risk of mortality and fractures in women and men: cohort studies. *BMJ.* 2014;349:g6015.
30. Michaélsson K, Wolk A, Langenskiöld S, et al. Milk intake and risk of mortality and fractures in women and men: cohort studies. *BMJ.* 2014;349:g6015.
31. Schooling CM. Milk and mortality. *BMJ.* 2014;349:g6205.
32. Richman EL, Stampfer MJ, Paciorek A, Broering JM, Carroll PR, Chan JM. Intakes of meat, fish, poultry, and eggs and risk of prostate cancer progression. *Am J Clin Nutr.* 2010;91(3): 712–21.
33. Richman EL, Stampfer MJ, Paciorek A, Broering JM, Carroll PR, Chan JM. Intakes of meat, fish, poultry, and eggs and risk of prostate cancer progression. *Am J Clin Nutr.* 2010;91(3): 712–21.
34. Richman EL, Stampfer MJ, Paciorek A, Broering JM, Carroll PR, Chan JM. Intakes of meat, fish, poultry, and eggs and risk of prostate cancer progression. *Am J Clin Nutr.* 2010;91(3): 712–21.
35. Richman EL, Stampfer MJ, Paciorek A, Broering JM, Carroll PR, Chan JM. Intakes of meat, fish, poultry, and eggs and risk of prostate cancer progression. *Am J Clin Nutr.* 2010;91(3): 712–21.
36. Johansson M, Van Guelpen B, Vollset SE, et al. One-carbon metabolism and prostate cancer risk: prospective investigation of seven circulating B vitamins and metabolites. *Cancer Epidemiol Biomarkers Prev.* 2009;18(5):1538–43.
37. Richman EL, Stampfer MJ, Paciorek A, Broering JM, Carroll PR, Chan JM. Intakes of meat, fish, poultry, and eggs and risk of prostate cancer progression. *Am J Clin Nutr.* 2010;91(3): 712–21.
38. Richman EL, Kenfield SA, Stampfer MJ, et al. Choline intake and risk of lethal prostate cancer: incidence and survival. *Am J Clin Nutr.* 2012;96(4):855–63.

39. Richman EL, Kenfield SA, Stampfer MJ, Giovannucci EL, Chan JM. Egg, red meat, and poultry intake and risk of lethal prostate cancer in the prostate-specific antigen-era: incidence and survival. *Cancer Prev Res (Phila)*. 2011;4(12):2110–21.
40. Tang WH, Wang Z, Levison BS, et al. Intestinal microbial metabolism of phosphatidylcholine and cardiovascular risk. *N Engl J Med*. 2013;368(17):1575–84.
41. Koeth RA, Wang Z, Levison BS, et al. Intestinal microbiota metabolism of L-carnitine, a nutrient in red meat, promotes atherosclerosis. *Nat Med*. 2013;19:576–85.
42. Tang WH, Wang Z, Levison BS, et al. Intestinal microbial metabolism of phosphatidylcholine and cardiovascular risk. *N Engl J Med*. 2013;368(17):1575–84.
43. Choline: there's something fishy about this vitamin. *Harv Health Lett*. 2004;30(1):3.
44. Mitch Kanter, Ph.D., e-mail communication, January 6, 2010.
45. Hubbard JD, Inkeles S, Barnard RJ. Nathan Pritikin's heart. *N Engl J Med*. 1985;313(1):52.
46. Ornish D, Weidner G, Fair WR, et al. Intensive lifestyle changes may affect the progression of prostate cancer. *J Urol*. 2005;174(3):1065–9.
47. Ornish D, Weidner G, Fair WR, et al. Intensive lifestyle changes may affect the progression of prostate cancer. *J Urol*. 2005;174(3):1065–9.
48. Barnard RJ, Gonzalez JH, Liva ME, Ngo TH. Effects of a low-fat, high-fiber diet and exercise program on breast cancer risk factors in vivo and tumor cell growth and apoptosis in vitro. *Nutr Cancer*. 2006;55(1):28–34.
49. Barnard RJ, Ngo TH, Leung PS, Aronson WJ, Golding LA. A low-fat diet and/or strenuous exercise alters the IGF axis in vivo and reduces prostate tumor cell growth in vitro. *Prostate*. 2003;56(3):201–6.
50. Barnard RJ, Ngo TH, Leung PS, Aronson WJ, Golding LA. A low-fat diet and/or strenuous exercise alters the IGF axis in vivo and reduces prostate tumor cell growth in vitro. *Prostate*. 2003;56(3):201–6.
51. Barnard RJ, Ngo TH, Leung PS, Aronson WJ, Golding LA. A low-fat diet and/or strenuous exercise alters the IGF axis in vivo and reduces prostate tumor cell growth in vitro. *Prostate*. 2003;56(3):201–6.
52. Ornish D, Weidner G, Fair WR, et al. Intensive lifestyle changes may affect the progression of prostate cancer. *J Urol*. 2005;174(3):1065–9.
53. Ornish D, Weidner G, Fair WR, et al. Intensive lifestyle changes may affect the progression of prostate cancer. *J Urol*. 2005;174(3):1065–9.
54. Ornish D, Magbanua MJ, Weidner G, et al. Changes in prostate gene expression in men undergoing an intensive nutrition and lifestyle intervention. *Proc Natl Acad Sci USA*. 2008;105(24): 8369–74.
55. Frattaroli J, Weidner G, Dnistrian AM, et al. Clinical events in prostate cancer lifestyle trial: results from two years of follow-up. *Urology*. 2008;72(6):1319–23.
56. Frey AU, Sónksen J, Fode M. Neglected side effects after radical prostatectomy: a systematic review. *J Sex Med*. 2014;11(2):374–85.
57. Carmody JF, Olendzki BC, Merriam PA, Liu Q, Qiao Y, Ma Y. A novel measure of dietary change in a prostate cancer dietary program incorporating mindfulness training. *J Acad Nutr Diet*. 2012;112(11):1822–7.

58. Blanchard CM, Courneya KS, Stein K. Cancer survivors' adherence to lifestyle behavior recommendations and associations with health-related quality of life: results from the American Cancer Society's SCS-II. *J Clin Oncol.* 2008;26(13):2198–204.
59. Carmody JF, Olendzki BC, Merriam PA, Liu Q, Qiao Y, Ma Y. A novel measure of dietary change in a prostate cancer dietary program incorporating mindfulness training. *J Acad Nutr Diet.* 2012;112(11):1822–7.
60. Carmody JF, Olendzki BC, Merriam PA, Liu Q, Qiao Y, Ma Y. A novel measure of dietary change in a prostate cancer dietary program incorporating mindfulness training. *J Acad Nutr Diet.* 2012;112(11):1822–7.
61. Carmody JF, Olendzki BC, Merriam PA, Liu Q, Qiao Y, Ma Y. A novel measure of dietary change in a prostate cancer dietary program incorporating mindfulness training. *J Acad Nutr Diet.* 2012;112(11):1822–7.
62. Richman EL, Stampfer MJ, Paciorek A, Broering JM, Carroll PR, Chan JM. Intakes of meat, fish, poultry, and eggs and risk of prostate cancer progression. *Am J Clin Nutr.* 2010;91(3): 712–21.
63. Richman EL, Carroll PR, Chan JM. Vegetable and fruit intake after diagnosis and risk of prostate cancer progression. *Int J Cancer.* 2012;131(1):201–10.
64. Allen NE, Appleby PN, Key TJ, et al. Macronutrient intake and risk of urothelial cell carcinoma in the European prospective investigation into cancer and nutrition. *Int J Cancer.* 2013; 132(3):635–44.
65. Morton MS, Chan PS, Cheng C, et al. Lignans and isoflavonoids in plasma and prostatic fluid in men: samples from Portugal, Hong Kong, and the United Kingdom. *Prostate.* 1997;32(2): 122–8.
66. van Die MD, Bone KM, Williams SG, Pirotta MV. Soy and soy isoflavones in prostate cancer: a systematic review and meta-analysis of randomized controlled trials. *BJU Int.* 2014; 113(5b):E119–30.
67. Morton MS, Chan PS, Cheng C, et al. Lignans and isoflavonoids in plasma and prostatic fluid in men: samples from Portugal, Hong Kong, and the United Kingdom. *Prostate.* 1997;32(2):122–8.
68. Lin X, Switzer BR, Demark-Wahnefried W. Effect of mammalian lignans on the growth of prostate cancer cell lines. *Anticancer Res.* 2001;21(6A):3995–9.
69. Demark-Wahnefried W, Price DT, Polascik TJ, et al. Pilot study of dietary fat restriction and flaxseed supplementation in men with prostate cancer before surgery: exploring the effects on hormonal levels, prostate-specific antigen, and histopathologic features. *Urology.* 2001;58(1): 47–52.
70. Leite KR, Camara-Lopes LH, Cury J, Dall'oglio MF, Sañudo A, Srougi M. Prostate cancer detection at rebiopsy after an initial benign diagnosis: results using sextant extended prostate biopsy. *Clinics (Sao Paulo).* 2008;63(3):339–42.
71. Demark-Wahnefried W, Robertson CN, Walther PJ, Polascik TJ, Paulson DF, Vollmer RT. Pilot study to explore effects of low-fat, flaxseed-supplemented diet on proliferation of benign prostatic epithelium and prostate-specific antigen. *Urology.* 2004;63(5):900–4.
72. Demark-Wahnefried W, Polascik TJ, George SL, et al. Flaxseed supplementation (not dietary fat restriction) reduces prostate cancer proliferation rates in men presurgery. *Cancer Epidemiol Biomarkers Prev.* 2008;17(12):3577–87.
73. Wei JT, Calhoun E, Jacobsen SJ. Urologic Diseases in America Project: benign prostatic hyperplasia. *J Urol.* 2008;179(5 Suppl):S75–80.

74. Burnett AL, Wein AJ. Benign prostatic hyperplasia in primary care: what you need to know. *J Urol.* 2006;175(3 Pt 2):S19–24.
75. Taub DA, Wei JT. The economics of benign prostatic hyperplasia and lower urinary tract symptoms in the United States. *Curr Urol Rep.* 2006;7(4):272–81.
76. Metcalfe C, Poon KS. Long-term results of surgical techniques and procedures in men with benign prostatic hyperplasia. *Curr Urol Rep.* 2011;12(4):265–73.
77. Burnett AL, Wein AJ. Benign prostatic hyperplasia in primary care: what you need to know. *J Urol.* 2006;175(3 Pt 2):S19–24.
78. Burnett AL, Wein AJ. Benign prostatic hyperplasia in primary care: what you need to know. *J Urol.* 2006;175(3 Pt 2):S19–24.
79. Gu F. Epidemiological survey of benign prostatic hyperplasia and prostatic cancer in China. *Chin Med J.* 2000;113(4):299–302.
80. Barnard RJ, Kobayashi N, Aronson WJ. Effect of diet and exercise intervention on the growth of prostate epithelial cells. *Prostate Cancer Prostatic Dis.* 2008;11(4):362–6.
81. Zhang W, Wang X, Liu Y, et al. Effects of dietary flaxseed lignan extract on symptoms of benign prostatic hyperplasia. *J Med Food.* 2008;11(2):207–14.
82. Galeone C, Pelucchi C, Talamini R, et al. Onion and garlic intake and the odds of benign prostatic hyperplasia. *Urology.* 2007;70(4):672–6.
83. Bravi F, Bosetti C, Dal Maso L, et al. Food groups and risk of benign prostatic hyperplasia. *Urology.* 2006;67(1):73–9.
84. Zhou Z, Wang Z, Chen C, et al. Transurethral prostate vaporization using an oval electrode in 82 cases of benign prostatic hyperplasia. *Chin Med J.* 1998;111(1):52–5.
85. Piantanelli L. Cancer and aging: from the kinetics of biological parameters to the kinetics of cancer incidence and mortality. *Ann N Y Acad Sci.* 1988;521:99–109.
86. Salvioli S, Capri M, Bucci L, et al. Why do centenarians escape or postpone cancer? The role of IGF-1, inflammation and p53. *Cancer Immunol Immunother.* 2009;58(12):1909–17.
87. Reed JC. Dysregulation of apoptosis in cancer. *J Clin Oncol.* 1999;17(9):2941–53.
88. Rowlands MA, Gunnell D, Harris R, Vatten LJ, Holly JM, Martin RM. Circulating insulin-like growth factor peptides and prostate cancer risk: a systematic review and meta-analysis. *Int J Cancer.* 2009;124(10):2416–29.
89. Guevara-Aguirre J, Balasubramanian P, Guevara-Aguirre M, et al. Growth hormone receptor deficiency is associated with a major reduction in pro-aging signaling, cancer, and diabetes in humans. *Sci Transl Med.* 2011;3(70):70ra13.
90. Allen NE, Appleby PN, Davey GK, Kaaks R, Rinaldi S, Key TJ. The associations of diet with serum insulin-like growth factor I and its main binding proteins in 292 women meat-eaters, vegetarians, and vegans. *Cancer Epidemiol Biomarkers Prev.* 2002;11(11):1441–8.
91. Soliman S, Aronson WJ, Barnard RJ. Analyzing serum-stimulated prostate cancer cell lines after low-fat, high-fiber diet and exercise intervention. *Evid Based Complement Alternat Med.* 2011; 2011:529053.

92. Ngo TH, Barnard RJ, Tymchuk CN, Cohen P, Aronson WJ. Effect of diet and exercise on serum insulin, IGF-I, and IGFBP-1 levels and growth of LNCaP cells in vitro (United States). *Cancer Causes Control.* 2002;13(10):929–35.
93. Allen NE, Appleby PN, Davey GK, Key TJ. Hormones and diet: low insulin-like growth factor-I but normal bioavailable androgens in vegan men. *Br J Cancer.* 2000;83(1):95–7.
94. Allen NE, Appleby PN, Davey GK, Kaaks R, Rinaldi S, Key TJ. The associations of diet with serum insulin-like growth factor I and its main binding proteins in 292 women meat-eaters, vegetarians, and vegans. *Cancer Epidemiol Biomarkers Prev.* 2002;11(11):1441–8.

14. Как не умереть от болезни Паркинсона

1. Jafari S, Etminan M, Aminzadeh F, Samii A. Head injury and risk of Parkinson disease: a systematic review and meta-analysis. *Mov Disord.* 2013;28(9):1222–9.
2. National Cancer Institute. President's Cancer Panel. Reducing environmental cancer risk: what we can do now. http://deainfo.nci.nih.gov/advisory/pcp/annualReports/pcp08-09rpt/PCP_Report_08-09_508.pdf. April 2010. Accessed March 12, 2015.
3. Zeliger HI. Exposure to lipophilic chemicals as a cause of neurological impairments, neurodevelopmental disorders and neurodegenerative diseases. *Interdiscip Toxicol.* 2013;6(3): 103–10.
4. Woodruff TJ, Zota AR, Schwartz JM. Environmental chemicals in pregnant women in the United States: NHANES 2003–2004. *Environ Health Perspect.* 2011;119(6):878–85.
5. Woodruff TJ, Zota AR, Schwartz JM. Environmental chemicals in pregnant women in the United States: NHANES 2003–2004. *Environ Health Perspect.* 2011;119(6):878–85.
6. Mariscal-Arcas M, Lopez-Martinez C, Granada A, Olea N, Lorenzo-Tovar ML, Olea-Serrano F. Organochlorine pesticides in umbilical cord blood serum of women from Southern Spain and adherence to the Mediterranean diet. *Food Chem Toxicol.* 2010;48(5):1311–5.
7. Bjermo H, Darnerud PO, Lignell S, et al. Fish intake and breastfeeding time are associated with serum concentrations of organochlorines in a Swedish population. *Environ Int.* 2013;51:88–96.
8. Glynn A, Larsdotter M, Aune M, Darnerud PO, Bjerselius R, Bergman A. Changes in serum concentrations of polychlorinated biphenyls (PCBs), hydroxylated PCB metabolites and pentachlorophenol during pregnancy. *Chemosphere.* 2011;83(2):144–51.
9. Soechitram SD, Athanasiadou M, Hovander L, Bergman A, Sauer PJ. Fetal exposure to PCBs and their hydroxylated metabolites in a Dutch cohort. *Environ Health Perspect.* 2004;112(11): 1208–12.
10. Ulaszewska MM, Zuccato E, Davoli E. PCDD/Fs and dioxin-like PCBs in human milk and estimation of infants' daily intake: a review. *Chemosphere.* 2011;83(6):774–82.
11. Gallo MV, Schell LM, Decaprio AP, Jacobs A. Levels of persistent organic pollutant and their predictors among young adults. *Chemosphere.* 2011;83(10):1374–82.
12. Ulaszewska MM, Zuccato E, Davoli E. PCDD/Fs and dioxin-like PCBs in human milk and estimation of infants' daily intake: a review. *Chemosphere.* 2011;83(6):774–82.
13. Aliyu MH, Alio AP, Salihu HM. To breastfeed or not to breastfeed: a review of the impact of lactational exposure to polychlorinated biphenyls (PCBs) on infants. *J Environ Health.* 2010; 73(3): 8–14.

14. Vogt R, Bennett D, Cassady D, Frost J, Ritz B, Hertz-Pannier I. Cancer and non-cancer health effects from food contaminant exposures for children and adults in California: a risk assessment. *Environ Health.* 2012;11:83.
15. Vogt R, Bennett D, Cassady D, Frost J, Ritz B, Hertz-Pannier I. Cancer and non-cancer health effects from food contaminant exposures for children and adults in California: a risk assessment. *Environ Health.* 2012;11:Table S3. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3551655/bin/1476-069X-11-83-S3.doc>. Accessed March 28, 2015.
16. Vogt R, Bennett D, Cassady D, Frost J, Ritz B, Hertz-Pannier I. Cancer and non-cancer health effects from food contaminant exposures for children and adults in California: a risk assessment. *Environ Health.* 2012;11:83.
17. Dorea JG, Bezerra VL, Fajon V, Horvat M. Speciation of methyl-and ethyl-mercury in hair of breastfed infants acutely exposed to thimerosal-containing vaccines. *Clin Chim Acta.* 2011; 412(17–18): 1563–6.
18. Zeilmaker MJ, Hoekstra J, van Eijkelen JC, et al. Fish consumption during child bearing age: a quantitative risk-benefit analysis on neurodevelopment. *Food Chem Toxicol.* 2013;54: 30–4.
19. Fromberg A, Granby K, Højgaard A, Fagt S, Larsen JC. Estimation of dietary intake of PCB and organochlorine pesticides for children and adults. *Food Chem.* 2011;125:1179–87.
20. European Food Safety Authority. Results of the monitoring of non dioxin-like PCBs in food and feed. *EFSA Journal.* 2010;8(7):1701.
21. Fromberg A, Granby K, Højgaard A, Fagt S, Larsen JC. Estimation of dietary intake of PCB and organochlorine pesticides for children and adults. *Food Chem.* 2011;125:1179–87.
22. Zhang T, Sun HW, Wu Q, Zhang XZ, Yun SH, Kannan K. Perfl uorochemicals in meat, eggs and indoor dust in China: assessment of sources and pathways of human exposure to perfl uorochemicals. *Environ Sci Technol.* 2010;44(9):3572–9.
23. Schecter A, Cramer P, Boggess K, et al. Intake of dioxins and related compounds from food in the U.S. population. *J Toxicol Environ Health Part A.* 2001;63(1):1–18.
24. Aune D, De Stefani E, Ronco AL, et al. Egg consumption and the risk of cancer: a multisite case-control study in Uruguay. *Asian Pac J Cancer Prev.* 2009;10(5):869–76.
25. Yaginuma-Sakurai K, Murata K, Iwai-Shimada M, et al. Hair-to-blood ratio and biological half-life of mercury: experimental study of methylmercury exposure through fish consumption in humans. *J Toxicol Sci.* 2012;37(1):123–30.
26. Wimmerová S, Lancz K, Tihányi J, et al. Half-lives of serum PCB congener concentrations in environmentally exposed early adolescents. *Chemosphere.* 2011;82(5):687–91.
27. Hageman KJ, Hafner WD, Campbell DH, Jaffe DA, Landers DH, Simonich SL. Variability in pesticide deposition and source contributions to snowpack in Western U.S. national parks. *Environ Sci Technol.* 2010;44(12):4452–8.
28. Schecter A, Startin J, Wright C, et al. Congener-specific levels of dioxins and dibenzofurans in U.S. food and estimated daily dioxin toxic equivalent intake. *Environ Health Perspect.* 1994; 102(11):962–6.
29. Fiedler H, Cooper KR, Bergek S, Hjelt M, Rappe C. Polychlorinated dibenzo-p-dioxins and polychlorinated dibenzofurans (PCDD/PCDF) in food samples collected in southern Mississippi, USA. *Chemosphere.* 1997;34(5–7):1411–9.

30. Rappe C, Bergek S, Fiedler H, Cooper KR. PCDD and PCDF contamination in catfish feed from Arkansas, USA. *Chemosphere*. 1998;36(13):2705–20.
31. Ferrario JB, Byrne CJ, Cleverly DH. 2,3,7,8-Dibeno-p-dioxins in mined clay products from the United States: evidence for possible natural origin. *Environ Sci Technol*. 2000;34(21): 4524–32.
32. US Department of Commerce. Broiler, turkey, and egg production: 1980 to 1999, No. 1143, p. 684. In *Statistical Abstract of the United States*, 2000. Washington, D.C.: Government Printing Office, 2000.
33. Hayward DG, Nortrup D, Gardner A, Clower M. Elevated TCDD in chicken eggs and farmraised catfish fed a diet with ball clay from a Southern United States mine. *Environ Res*. 1999; 81(3):248–56.
34. Hayward DG, Nortrup D, Gardner A, Clower M. Elevated TCDD in chicken eggs and farmraised catfish fed a diet with ball clay from a Southern United States mine. *Environ Res*. 1999; 81(3):248–56.
35. US Food and Drug Administration. Letter from Linda Tollefson to Producers or Users of Clay Products in Animal Feeds. <https://web.archive.org/web/20081107120600/http://www.fda.gov/cvm/Documents/ballclay.pdf>. October 7, 1997. Accessed March 12, 2015.
36. Hanson T, Sites D. 2012 US catfish database. Fisheries and Allied Aquacultures Department Series No. 6. <http://aurora.auburn.edu/repo/bitstream/handle/11200/44174/2012%20Catfish%20Database.pdf?sequence=1>. March 2013. Accessed March 26, 2015.
37. Huwe JK, Archer JC. Dioxin congener patterns in commercial catfish from the United States and the indication of mineral clays as the potential source. *Food Addit Contam Part A Chem Anal Control Expo Risk Assess*. 2013;30(2):331–8.
38. Rappe C, Bergek S, Fiedler H, Cooper KR. PCDD and PCDF contamination in catfish feed from Arkansas, USA. *Chemosphere*. 1998;36(13):2705–20.
39. Yaktine AL, Harrison GG, Lawrence RS. Reducing exposure to dioxins and related compounds through foods in the next generation. *Nutr Rev*. 2006;64(9):403–9.
40. Schecter A, Startin J, Wright C, et al. Congener-specific levels of dioxins and dibenzofurans in U.S. food and estimated daily dioxin toxic equivalent intake. *Environ Health Perspect*. 1994; 102(11):962–6.
41. US Department of Health and Human Services. The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General. Atlanta, GA: US Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014.
42. Lee PN. 1979 Surgeon General's Report. <http://legacy.library.ucsf.edu/tid/zkl36b00/pdf?search=%221979%20surgeon%20general%20s%20report%20lee%22>. September 2, 1979. Accessed March 12, 2015.
43. Lee PN. 1979 Surgeon General's Report. <http://legacy.library.ucsf.edu/tid/zkl36b00/pdf?search=%221979%20surgeon%20general%20s%20report%20lee%22>. September 2, 1979. Accessed March 12, 2015.
44. Hearings before the Subcommittee on Public Buildings and Grounds of the Committee on Public Works and Transportation to Prohibit Smoking in Federal Buildings. <http://legacy.library.ucsf.edu/tid/fzt08h00/pdf?search=%22to%20prohibit%20smoking%20in%20federal%20buildings%20hearings%20jd%20047710%22>. March 11; April 22, 1993. Accessed March 12, 2015.
45. Noyce AJ, Bestwick JP, Silveira-Moriyama L, et al. Meta-analysis of early nonmotor features and risk factors for Parkinson disease. *Ann Neurol*. 2012;72(6):893–901.

46. Morens DM, Grandinetti A, Davis JW, Ross GW, White LR, Reed D. Evidence against the operation of selective mortality in explaining the association between cigarette smoking and reduced occurrence of idiopathic Parkinson disease. *Am J Epidemiol.* 1996;144(4):400–4.
47. Noyce AJ, Bestwick JP, Silveira-Moriyama L, et al. Meta-analysis of early nonmotor features and risk factors for Parkinson disease. *Ann Neurol.* 2012;72(6):893–901.
48. Allam MF, Campbell MJ, Del Castillo AS, Fernández-Crehuet Navajas R. Parkinson's disease protects against smoking? *Behav Neurol.* 2004;15(3–4):65–71.
49. Tanner CM, Goldman SM, Aston DA, et al. Smoking and Parkinson's disease in twins. *Neurology.* 2002;58(4):581–8.
50. O'Reilly EJ, Chen H, Gardener H, Gao X, Schwarzschild MA, Ascherio A. Smoking and Parkinson's disease: using parental smoking as a proxy to explore causality. *Am J Epidemiol.* 2009;169(6): 678–82.
51. US Department of Health and Human Services. The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General. Atlanta, GA: US Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014.
52. Wolf PA, D'Agostino RB, Kannel WB, Bonita R, Belanger AJ. Cigarette smoking as a risk factor for stroke. The Framingham Study. *JAMA.* 1988;259(7):1025–9.
53. Quik M, Perez XA, Bordia T. Nicotine as a potential neuroprotective agent for Parkinson's disease. *Mov Disord.* 2012;27(8):947–57.
54. Siegmund B, Leitner E, Pfannhauser W. Determination of the nicotine content of various edible nightshades (Solanaceae) and their products and estimation of the associated dietary nicotine intake. *J Agric Food Chem.* 1999;47(8):3113–20.
55. Brody AL, Mandelkern MA, London ED, et al. Cigarette smoking saturates brain alpha 4 beta 2 nicotinic acetylcholine receptors. *Arch Gen Psychiatry.* 2006;63(8):907–15.
56. Searles Nielsen S, Gallagher LG, Lundin JI, et al. Environmental tobacco smoke and Parkinson's disease. *Mov Disord.* 2012;27(2):293–6.
57. Siegmund B, Leitner E, Pfannhauser W. Determination of the nicotine content of various edible nightshades (Solanaceae) and their products and estimation of the associated dietary nicotine intake. *J Agric Food Chem.* 1999;47(8):3113–20.
58. Nielsen SS, Franklin GM, Longstreth WT, Swanson PD, Checkoway H. Nicotine from edible Solanaceae and risk of Parkinson disease. *Ann Neurol.* 2013;74(3):472–7.
59. Nielsen SS, Franklin GM, Longstreth WT, Swanson PD, Checkoway H. Nicotine from edible Solanaceae and risk of Parkinson disease. *Ann Neurol.* 2013;74(3):472–7.
60. Richardson JR, Shalat SL, Buckley B, et al. Elevated serum pesticide levels and risk of Parkinson disease. *Arch Neurol.* 2009;66(7):870–5.
61. Corrigan FM, Wienburg CL, Shore RF, Daniel SE, Mann D. Organochlorine insecticides in substantia nigra in Parkinson's disease. *J Toxicol Environ Health Part A.* 2000;59(4):229–34.
62. Hatcher-Martin JM, Gearing M, Steenland K, Levey AI, Miller GW, Pennell KD. Association between polychlorinated biphenyls and Parkinson's disease neuropathology. *Neurotoxicology.* 2012; 33(5):1298–304.
63. Kanthasamy AG, Kitazawa M, Kanthasamy A, Anantharam V. Dieldrin-induced neurotoxicity: relevance to Parkinson's disease pathogenesis. *Neurotoxicology.* 2005;26(4):701–19.

64. Arguin H, Sanchez M, Bray GA, et al. Impact of adopting a vegan diet or an olestra supplementation on plasma organochlorine concentrations: results from two pilot studies. *Br J Nutr.* 2010; 103(10):1433–41.
65. Jiang W, Ju C, Jiang H, Zhang D. Dairy foods intake and risk of Parkinson’s disease: a dose-response meta-analysis of prospective cohort studies. *Eur J Epidemiol.* 2014;29(9):613–9.
66. Park M, Ross GW, Petrovitch H, et al. Consumption of milk and calcium in midlife and the future risk of Parkinson disease. *Neurology.* 2005;64(6):1047–51.
67. Kotake Y, Yoshida M, Ogawa M, Tasaki Y, Hirobe M, Ohta S. Chronic administration of 1-benzyl-1,2,3,4-tetrahydroisoquinoline, an endogenous amine in the brain, induces parkinsonism in a primate. *Neurosci Lett.* 1996;217(1):69–71.
68. Niwa T, Yoshizumi H, Takeda N, Tatematsu A, Matsuura S, Nagatsu T. Detection of tetrahydroisoquinoline, a parkinsonism-related compound, in parkinsonian brains and foods by gas chromatography-mass spectrometry. *Advances in Behavioral Biology.* 1990;38A:313–6.
69. Niwa T, Yoshizumi H, Tatematsu A, Matsuura S, Nagatsu T. Presence of tetrahydroisoquinoline, a parkinsonism-related compound, in foods. *J Chromatogr.* 1989;493(2):347–52.
70. Niwa T, Takeda N, Kaneda N, Hashizume Y, Nagatsu T. Presence of tetrahydroisoquinoline and 2-methyl-tetrahydroquinoline in parkinsonian and normal human brains. *Biochem Biophys Res Commun.* 1987;144(2):1084–9.
71. Ułamek-Kozioł M, Bogucka-Kocka A, Kocki J, Pluta R. Good and bad sides of diet in Parkinson’s disease. *Nutrition.* 2013;29(2):474–5.
72. Ułamek-Kozioł M, Bogucka-Kocka A, Kocki J, Pluta R. Good and bad sides of diet in Parkinson’s disease. *Nutrition.* 2013;29(2):474–5.
73. Kistner A, Krack P. Parkinson’s disease: no milk today? *Front Neurol.* 2014;5:172.
74. Chen H, Zhang SM, Hernn MA, Willett WC, Ascherio A. Diet and Parkinson’s disease: a potential role of dairy products in men. *Ann Neurol.* 2002;52(6):793–801.
75. Jiang W, Ju C, Jiang H, Zhang D. Dairy foods intake and risk of Parkinson’s disease: a dose-response meta-analysis of prospective cohort studies. *Eur J Epidemiol.* 2014;29(9):613–9.
76. Michaëlsson K, Wolk A, Langenskiöld S, et al. Milk intake and risk of mortality and fractures in women and men: cohort studies. *BMJ.* 2014;349:g6015.
77. Ridel KR, Leslie ND, Gilbert DL. An updated review of the long-term neurological effects of galactosemia. *Pediatr Neurol.* 2005;33(3):153–61.
78. Marder K, Gu Y, Eberly S, et al. Relationship of Mediterranean diet and caloric intake to phenoconversion in Huntington disease. *JAMA Neurol.* 2013;70(11):1382–8.
79. Ames BN, Cathcart R, Schwiers E, Hochstein P. Uric acid provides an antioxidant defense in humans against oxidant-and radical-caused aging and cancer: a hypothesis. *Proc Natl Acad Sci USA.* 1981;78(11):6858–62.
80. Duan W, Ladenheim B, Cutler RG, Kruman II, Cadet JL, Mattson MP. Dietary folate deficiency and elevated homocysteine levels endanger dopaminergic neurons in models of Parkinson’s disease. *J Neurochem.* 2002;80(1):101–10.
81. Auinger P, Kieburtz K, McDermott MP. The relationship between uric acid levels and Huntington’s disease progression. *Mov Disord.* 2010;25(2):224–8.

82. Schwarzschild MA, Schwid SR, Marek K, et al. Serum urate as a predictor of clinical and radiographic progression in Parkinson disease. *Arch Neurol.* 2008;65(6):716–23.
83. Shen C, Guo Y, Luo W, Lin C, Ding M. Serum urate and the risk of Parkinson's disease: results from a meta-analysis. *Can J Neurol Sci.* 2013;40(1):73–9.
84. Fang P, Li X, Luo JJ, Wang H, Yang X. A double-edged sword: uric acid and neurological disorders. *Brain Disord Ther.* 2013;2(2):109.
85. Kutting MK, Firestein BL. Altered uric acid levels and disease states. *J Pharmacol Exp Ther.* 2008;324(1):1–7.
86. Schmidt JA, Crowe FL, Appleby PN, Key TJ, Travis RC. Serum uric acid concentrations in meat eaters, fish eaters, vegetarians and vegans: a cross-sectional analysis in the EPIC-Oxford cohort. *PLoS ONE.* 2013;8(2):e56339.
87. Kuo CF, See LC, Yu KH, Chou IJ, Chiou MJ, Luo SF. Significance of serum uric acid levels on the risk of all-cause and cardiovascular mortality. *Rheumatology (Oxford).* 2013;52(1): 127–34.
88. Arguin H, Sánchez M, Bray GA, et al. Impact of adopting a vegan diet or an olestra supplementation on plasma organochlorine concentrations: results from two pilot studies. *Br J Nutr.* 2010;103(10):1433–41.
89. Siddiqui MK, Saxena MC, Krishna Murti CR. Storage of DDT and BHC in adipose tissue of Indian males. *Int J Environ Anal Chem.* 1981;10(3–4):197–204.
90. Norén K. Levels of organochlorine contaminants in human milk in relation to the dietary habits of the mothers. *Acta Paediatr Scand.* 1983;72(6):811–6.
91. Schecter A, Papke O. Comparison of blood dioxin, dibenzofuran and coplanar PCB levels in strict vegetarians (vegans) and the general United States population. *Org Comps.* 1998;38: 179–82.
92. Schecter A, Harris TR, Pápke O, Tunga KC, Musumba A. Polybrominated diphenyl ether (PBDE) levels in the blood of pure vegetarians (vegans). *Tox Env Chem.* 2006;88(1):107–12. 93. Eskenazi B, Chevrier J, Rauch SA, et al. In utero and childhood polybrominated diphenyl ether (PBDE) exposures and neurodevelopment in the CHAMACOS study. *Environ Health Perspect.* 2013;121(2):257–62.
94. Schecter A, Pápke O, Harris TR, et al. Polybrominated diphenyl ether (PBDE) levels in an expanded market basket survey of U.S. food and estimated PBDE dietary intake by age and sex. *Environ Health Perspect.* 2006;114(10):1515–20.
95. Fraser AJ, Webster TF, McClean MD. Diet contributes significantly to the body burden of PBDEs in the general U.S. population. *Environ Health Perspect.* 2009;117(10):1520–5.
96. Schecter A, Harris TR, Papke O, Tunga KC, Musumba A. Polybrominated diphenyl ether (PBDE) levels in the blood of pure vegetarians (vegans). *Tox Env Chem.* 2006;88(1):107–12.
97. Huwe JK, West M. Polybrominated diphenyl ethers in U.S. meat and poultry from two statistically designed surveys showing trends and levels from 2002 to 2008. *J Agric Food Chem.* 2011; 59(10):5428–34.
98. Dickman MD, Leung CK, Leong MK. Hong Kong male subfertility links to mercury in human hair and fish. *Sci Total Environ.* 1998;214:165–74.
99. Sri Kumar TS, Johansson GK, Ockerman PA, Gustafsson JA, Akesson B. Trace element status in healthy subjects switching from a mixed to a lactovegetarian diet for 12 mo. *Am J Clin Nutr.* 1992; 55(4):885–90.
100. Wimmerová S, Lancer K, Tihányi J, et al. Half-lives of serum PCB congener concentrations in environmentally exposed early adolescents. *Chemosphere.* 2011;82(5):687–91.

101. Parkinson J. *An Essay on the Shaking Palsy*. London: Whittingham and Rowland for Sherwood, Neely and Jones, 1817:7.
102. Abbott RD, Petrovitch H, White LR, et al. Frequency of bowel movements and the future risk of Parkinson's disease. *Neurology*. 2001;57(3):456–62.
103. Ueki A, Otsuka M. Life style risks of Parkinson's disease: association between decreased water intake and constipation. *J Neurol*. 2004;251 Suppl 7:vII18–23.
104. Gao X, Chen H, Schwarzschild MA, Ascherio A. A prospective study of bowel movement frequency and risk of Parkinson's disease. *Am J Epidemiol*. 2011;174(5):546–51.
105. Kamel F. Epidemiology. Paths from pesticides to Parkinson's. *Science*. 2013;341(6147): 722–3.
106. Barnhill LM, Bronstein JM. Pesticides and Parkinson's disease: is it in your genes? *Neurodegener Dis Manag*. 2014;4(3):197–200.
107. Wang A, Cockburn M, Ly TT, Bronstein JM, Ritz B. The association between ambient exposure to organophosphates and Parkinson's disease risk. *Occup Environ Med*. 2014;71(4): 275–81.
108. Narayan S, Liew Z, Paul K, et al. House hold organophosphorus pesticide use and Parkinson's disease. *Int J Epidemiol*. 2013;42(5):1476–85.
109. Liu X, Ma T, Qu B, Ji Y, Liu Z. Pesticide-induced gene mutations and Parkinson disease risk: a meta-analysis. *Genet Test Mol Biomarkers*. 2013;17(11):826–32.
110. Lee SJ, Lim HS, Masliah E, Lee HJ. Protein aggregate spreading in neurodegenerative diseases: problems and perspectives. *Neurosci Res*. 2011;70(4):339–48.
111. Chorfa A, Lazizzera C, Betemps D, et al. A variety of pesticides trigger in vitro α -synuclein accumulation, a key event in Parkinson's disease. *Arch Toxicol*. 2014.
112. Dunnett SB, Bjorklund SBA. Prospects for new restorative and neuroprotective treatments in Parkinson's disease. *Nature*. 1999;399(6738 Suppl):A32–9.
113. Campdelacreu J. Parkinson disease and Alzheimer disease: environmental risk factors. *Neurologia*. 2014;29(9):541–9.
114. Meng X, Munishkina LA, Fink AL, Uversky VN. Effects of various flavonoids on the α -synuclein fibrillation process. *Parkinson's Dis*. 2010;2010:650794.
115. Strathearn KE, Yousef GG, Grace MH, Roy SA, et al. Neuroprotective effects of anthocyanin and proanthocyanidin-rich extracts in cellular models of Parkinson's disease. *Brain Res*. 2014; 1555:60–77.
116. Golbe LI, Farrell TM, Davis PH. Case-control study of early life dietary factors in Parkinson's disease. *Arch Neurol*. 1988;45(12):1350–3.
117. Gao X, Cassidy A, Schwarzschild MA, Rimm EB, Ascherio A. Habitual intake of dietary flavonoids and risk of Parkinson disease. *Neurology*. 2012;78(15):1138–45.
118. Kukull WA. An apple a day to prevent Parkinson disease: reduction of risk by flavonoids. *Neurology*. 2012;78(15):1112–3.
119. Gao X, Cassidy A, Schwarzschild MA, Rimm EB, Ascherio A. Habitual intake of dietary flavonoids and risk of Parkinson disease. *Neurology*. 2012;78(15):1138–45.
120. Serafini M, Testa MF, Villain D, et al. Antioxidant activity of blueberry fruit is impaired by association with milk. *Free Radic Biol Med*. 2009;46(6):769–74.

121. Jekanowski M. Survey says: a snapshot of rendering. *Render Magazine*. 2011;April:58–61.
122. Schepens PJ, Covaci A, Jorens PG, Hens L, Scharpé S, van Larebeke N. Surprising findings following a Belgian food contamination with polychlorobiphenyls and dioxins. *Environ Health Perspect*. 2001;109(2):101–3.
123. Dórea JG. Vegetarian diets and exposure to organochlorine pollutants, lead, and mercury. *Am J Clin Nutr*. 2004;80(1):237–8.
124. Dórea JG. Fish meal in animal feed and human exposure to persistent bioaccumulative and toxic substances. *J Food Prot*. 2006;69(11):2777–85.
125. Moser GA, McLachlan MS. The influence of dietary concentration on the absorption and excretion of persistent lipophilic organic pollutants in the human intestinal tract. *Chemosphere*. 2001;45(2):201–11.
126. Dórea JG. Vegetarian diets and exposure to organochlorine pollutants, lead, and mercury. *Am J Clin Nutr*. 2004;80(1):237–8.
127. Noyce AJ, Bestwick JP, Silveira-Moriyama L, et al. Meta-analysis of early nonmotor features and risk factors for Parkinson disease. *Ann Neurol*. 2012;72(6):893–901.
128. Barranco Quintana JL, Allam MF, Del Castillo AS, Navajas RF. Parkinson’s disease and tea: a quantitative review. *J Am Coll Nutr*. 2009;28(1):1–6.
129. Palacios N, Gao X, McCullough ML, et al. Caffeine and risk of Parkinson’s disease in a large cohort of men and women. *Mov Disord*. 2012;27(10):1276–82.
130. Nakaso K, Ito S, Nakashima K. Caffeine activates the PI3K/Akt pathway and prevents apoptotic cell death in a Parkinson’s disease model of SH-SY5Y cells. *Neurosci Lett*. 2008;432(2):146–50.
131. Postuma RB, Lang AE, Munhoz RP, et al. Caffeine for treatment of Parkinson disease: a randomized controlled trial. *Neurology*. 2012;79(7):651–8.
132. Postuma RB, Lang AE, Munhoz RP, et al. Caffeine for treatment of Parkinson disease: a randomized controlled trial. *Neurology*. 2012;79(7):651–8.
133. Grazina R, Massano J. Physical exercise and Parkinson’s disease: influence on symptoms, disease course and prevention. *Rev Neurosci*. 2013;24(2):139–52.
134. Chen J, Guan Z, Wang L, Song G, Ma B, Wang Y. Meta-analysis: overweight, obesity, and Parkinson’s disease. *Int J Endocrinol*. 2014;2014:203930.

15. Как не умереть от ятрогенных причин

1. Pereira TV, Horwitz RI, Ioannidis JPA. Empirical evaluation of very large treatment effects of medical interventions. *JAMA*. 2012;308(16):1676–84.
2. Lazarou J, Pomeranz BH, Corey PN. Incidence of adverse drug reactions in hospitalized patients: a meta-analysis of prospective studies. *JAMA*. 1998;279(15):1200–5.
3. Starfield B. Is US health really the best in the world? *JAMA*. 2000;284(4):483–5. 4. Klevens RM, Edwards JR, Richards CL, et al. Estimating health care-associated infections and deaths in U.S. hospitals, 2002. *Public Health Rep*. 2007;122(2):160–6.

5. Gilbert K, Stafford C, Crosby K, Fleming E, Gaynes R. Does hand hygiene compliance among health care workers change when patients are in contact precaution rooms in ICUs? *Am J Infect Control.* 2010;38(7):515–7.
6. Gilbert K, Staff ord C, Crosby K, Fleming E, Gaynes R. Does hand hygiene compliance among health care workers change when patients are in contact precaution rooms in ICUs? *Am J Infect Control.* 2010;38(7):515–7.
7. Leape LL, Berwick DM. Five years after To Err Is Human: what have we learned? *JAMA.* 2005;293(19):2384–90.
8. Starfield B. Is US health really the best in the world? *JAMA.* 2000;284(4):483–5.
9. Institute of Medicine. To Err Is Human: building a safer health system. <http://www.iom.edu/~media/Files/Report%20Files/1999/To-Err-is-Human/To%20Err%20is%20Human%201999%20%20report%20brief.pdf>. November, 1999. Accessed March 12, 2015.
10. Weingart SN, Wilson RM, Gibberd RW, Harrison B. Epidemiology of medical error. *BMJ.* 2000;320(7237):774–7.
11. Millenson ML. The silence. *Health Aff (Millwood).* 2003;22(2):103–12.
12. Mills DH. Medical insurance feasibility study. A technical summary. *West J Med.* 1978; 128(4): 360–5.
13. Leape LL. Error in medicine. *JAMA.* 1994 Dec 21;272(23):1851–7.
14. Millenson ML. The silence. *Health Aff (Millwood).* 2003;22(2):103–12.
15. Institute of Medicine. To Err Is Human: building a safer health system. <http://www.iom.edu/~media/Files/Report%20Files/1999/To-Err-is-Human/To%20Err%20is%20Human%201999%20%20report%20brief.pdf>. November, 1999. Accessed March 12, 2015.
16. Millenson ML. The silence. *Health Aff (Millwood).* 2003;22(2):103–12.
17. Lockley SW, Barger LK, Ayas NT, Rothschild JM, Czeisler CA, Landrigan CP. Effects of health care provider work hours and sleep deprivation on safety and performance. *Jt Comm J Qual Patient Saf.* 2007;33(11 Suppl):7–18.
18. Barger LK, Ayas NT, Cade BE, et al. Impact of extended-duration shifts on medical errors, adverse events, and attentional failures. *PLoS Med.* 2006;3(12):e487.
19. Millenson ML. The silence. *Health Aff (Millwood).* 2003;22(2):103–12.
20. Egger GJ, Binns AF, Rossner SR. The emergence of “lifestyle medicine” as a structured approach for management of chronic disease. *Med J Aust.* 2009;190(3):143–5.
21. Malone J, Guleria R, Craven C, et al. Justification of diagnostic medical exposures: some practical issues. Report of an International Atomic Energy Agency Consultation. *Br J Radiol.* 2012;85(1013):523–38.
22. Pierce DA, Shimizu Y, Preston DL, Vaeth M, Mabuchi K. Studies of the mortality of atomic bomb survivors. Report 12, part I. Cancer: 1950–1990. 1996. *Radiat Res.* 2012;178(2): AV61–87.
23. Brenner D, Elliston C, Hall E, Berdon WE. Estimated risks of radiation-induced fatal cancer from pediatric CT. *AJR Am J Roentgenol.* 2001;176(2):289–96.
24. Rogers LF. Taking care of children: check out the parameters used for helical CT. *AJR Am J Roentgenol.* 2001;176(2):287.

25. Berrington de Gonzingt A, Mahesh M, Kim KP, et al. Projected cancer risks from computed tomographic scans performed in the United States in 2007. *Arch Intern Med.* 2009;169(22): 2071–7.
26. Institute of Medicine. *Breast cancer and the environment: a life course approach.* Washington, D.C.: The National Academies Press; 2012.
27. Picano E. Informed consent and communication of risk from radiological and nuclear medicine examinations: how to escape from a communication inferno. *BMJ.* 2004;329(7470):849–51.
28. Schmidt CW. CT scans: balancing health risks and medical benefits. *Environ Health Perspect.* 2012;120(3):A118–21.
29. Pearce MS, Salotti JA, Little MP, et al. Radiation exposure from CT scans in childhood and subsequent risk of leukaemia and brain tumours: a retrospective cohort study. *Lancet.* 2012;380(9840):499–505.
30. Limaye MR, Severance H. Pandora's boxes: questions unleashed in airport scanner debate. *J Am Osteopath Assoc.* 2011;111(2):87–8, 119.
31. Friedberg W, Copeland K, Duke FE, O'Brien K, Darden EB. Radiation exposure during air travel: guidance provided by the Federal Aviation Administration for air carrier crews. *Health Phys.* 2000;79(5):591–5.
32. Yong LC, Petersen MR, Sigurdson AJ, Sampson LA, Ward EM. High dietary antioxidant intakes are associated with decreased chromosome translocation frequency in airline pilots. *Am J Clin Nutr.* 2009;90(5):1402–10.
33. Podmore ID, Griffiths HR, Herbert KE, Mistry N, Mistry P, Lunec J. Vitamin C exhibits pro-oxidant properties. *Nature.* 1998;392(6676):559.
34. Yong LC, Petersen MR, Sigurdson AJ, Sampson LA, Ward EM. High dietary antioxidant intakes are associated with decreased chromosome translocation frequency in airline pilots. *Am J Clin Nutr.* 2009;90(5):1402–10.
35. Yong LC, Petersen MR, Sigurdson AJ, Sampson LA, Ward EM. High dietary antioxidant intakes are associated with decreased chromosome translocation frequency in airline pilots. *Am J Clin Nutr.* 2009;90(5):1402–10.
36. Sauvaget C, Kasagi F, Waldren CA. Dietary factors and cancer mortality among atomic-bomb survivors. *Mutat Res.* 2004;551(1–2):145–52.
37. Kordysh EA, Emerit I, Goldsmith JR, et al. Dietary and clastogenic factors in children who immigrated to Israel from regions contaminated by the Chernobyl accident. *Arch Environ Health.* 2001;56(4):320–6.
38. Langham WH, Bassett H, Harris PS, Carter RE. Distribution and excretion of plutonium administered intravenously to man. Los Alamos: Los Alamos Scientific Laboratory, LAB1151. *Health Physics.* 1980;38:1,031B1,060.
39. Loscialpo MJ. Nontherapeutic human research experiments on institutionalized mentally retarded children: civil rights and remedies. *23 New Eng J on Crim & Civ Confinement.* 1997;139: 143–5.
40. Assistant to the Secretary of Defense for Nuclear and Chemical and Biological Defense Programs, Department of Defense. Report on search for human radiation experiment records 1944–1994. <http://www.defense.gov/pubs/dodhre/>. June 1997. Accessed March 12, 2015.
41. Kouvaris JR, Kouloulias VE, Vlahos LJ. Amifostine: the first selective-target and broadspectrum radioprotector. *Oncologist.* 2007;12(6):738–47.

42. Rao BN, Archana PR, Aithal BK, Rao BSS. Protective Effect of zingerone, a dietary compound against radiation induced genetic damage and apoptosis in human lymphocytes. *Eur J Pharmacol.* 2011;657(1–3):59–66.
43. Arora R, Gupta D, Chawla R, et al. Radioprotection by plant products: present status and future prospects. *Phytother Res.* 2005;19(1):1–22.
44. Malekiran AA, Ranjbar A, Rahzani K, et al. Oxidative stress in radiology staff. *Environ Toxicol Pharmacol.* 2005;20(1):215–8.
45. Zeraatpishe A, Oryan S, Bagheri MH, et al. Effects of *Melissa officinalis* L. on oxidative status and DNA damage in subjects exposed to long-term low-dose ionizing radiation. *Toxicol Ind Health.* 2011;27(3):205–12.
46. Zhong W, Maradit-Kremers H, St Sauver JL, et al. Age and sex patterns of drug prescribing in a defined American population. *Mayo Clin Proc.* 2013;88(7):697–707.
47. Lindsley CW. The top prescription drugs of 2011 in the United States: antipsychotics and antidepressants once again lead CNS therapeutics. *ACS Chem Neurosci.* 2012;3(8):630–1.
48. Centers for Disease Control National Center for Health Statistics. National Ambulatory Medical Care Survey: 2010 Summary Tables. http://www.cdc.gov/nchs/data/ahcd/namcs_summary/2010_namcs_web_tables.pdf. 2010. Accessed March 12, 2015.
49. Hudson B, Zarifeh A, Young L, Wells JE. Patients' expectations of screening and preventive treatments. *Ann Fam Med.* 2012;10(6):495–502.
50. Lytsy P, Westerling R. Patient expectations on lipid-lowering drugs. *Patient Educ Couns.* 2007;67(1–2):143–50.
51. Trewby PN, Reddy AV, Trewby CS, Ashton VJ, Brennan G, Inglis J. Are preventive drugs preventive enough? A study of patients' expectation of benefit from preventive drugs. *Clin Med.* 2002;2(6):527–33.
52. Trewby PN, Reddy AV, Trewby CS, Ashton VJ, Brennan G, Inglis J. Are preventive drugs preventive enough? A study of patients' expectation of benefit from preventive drugs. *Clin Med.* 2002;2(6):527–33.
53. Trewby PN, Reddy AV, Trewby CS, Ashton VJ, Brennan G, Inglis J. Are preventive drugs preventive enough? A study of patients' expectation of benefit from preventive drugs. *Clin Med.* 2002;2(6):527–33.
54. Trewby PN, Reddy AV, Trewby CS, Ashton VJ, Brennan G, Inglis J. Are preventive drugs preventive enough? A study of patients' expectation of benefit from preventive drugs. *Clin Med.* 2002;2(6):527–33.
55. Esselstyn CB Jr, Gendy G, Doyle J, Golubic M, Roizen MF. A way to reverse CAD? *J Fam Pract.* 2014;63(7):356–364b.
56. Esselstyn CB Jr, Gendy G, Doyle J, Golubic M, Roizen MF. A way to reverse CAD? *J Fam Pract.* 2014;63(7):356–364b.
57. Duthie GG, Wood AD. Natural salicylates: foods, functions and disease prevention. *Food Funct.* 2011;2(9):515–20.
58. Fuster V, Sweeny JM. Aspirin: a historical and contemporary therapeutic overview. *Circulation.* 2011;123(7):768–78.
59. Pasche B, Wang M, Pennison M, Jimenez H. Prevention and treatment of cancer with aspirin: where do we stand? *Semin Oncol.* 2014;41(3):397–401.

60. Karnezis T, Shayan R, Fox S, Achen MG, Stacker SA. The connection between lymphangiogenic signalling and prostaglandin biology: a missing link in the metastatic pathway. *Oncotarget*. 2012;3(8):893–906.
61. Macdonald S. Aspirin use to be banned in under 16 year olds. *BMJ*. 2002;325(7371):988.
62. Siller-Matula JM. Hemorrhagic complications associated with aspirin: an underestimated hazard in clinical practice? *JAMA*. 2012;307(21):2318–20.
63. Sutcliffe P, Connock M, Gurung T, et al. Aspirin in primary prevention of cardiovascular disease and cancer: a systematic review of the balance of evidence from reviews of randomized trials. *PLoS ONE*. 2013;8(12):e81970.
64. Thun MJ, Jacobs EJ, Patrono C. The role of aspirin in cancer prevention. *Nat Rev Clin Oncol*. 2012;9(5):259–67.
65. McCarty MF. Minimizing the cancer-promotional activity of cox-2 as a central strategy in cancer prevention. *Med Hypotheses*. 2012;78(1):45–57.
66. Duthie GG, Wood AD. Natural salicylates: foods, functions and disease prevention. *Food Funct*. 2011;2(9):515–20.
67. Paterson JR, Blacklock C, Campbell G, Wiles D, Lawrence JR. The identification of salicylates as normal constituents of serum: a link between diet and health? *J Clin Pathol*. 1998;51(7): 502–5.
68. Rinelli S, Spadafranca A, Fiorillo G, Cocucci M, Bertoli S, Battezzati A. Circulating salicylic acid and metabolic and inflammatory responses after fruit ingestion. *Plant Foods Hum Nutr*. 2012;67(1):100–4.
69. Blacklock CJ, Lawrence JR, Wiles D, et al. Salicylic acid in the serum of subjects not taking aspirin. Comparison of salicylic acid concentrations in the serum of vegetarians, non-vegetarians, and patients taking low dose aspirin. *J Clin Pathol*. 2001;54(7):553–5.
70. Knutson SF. Lifestyle and the use of health services. *Am J Clin Nutr*. 1994;59(5 Suppl):1171S–1175S.
71. McCarty MF. Dietary nitrate and reductive polyphenols may potentiate the vascular benefit and alleviate the ulcerative risk of low-dose aspirin. *Med Hypotheses*. 2013;80(2):186–90.
72. Willcox BJ, Willcox DC, Todoriki H, et al. Caloric restriction, the traditional Okinawan diet, and healthy aging: the diet of the world's longest-lived people and its potential impact on morbidity and life span. *Ann N Y Acad Sci*. 2007;1114:434–55.
73. McCarty MF. Minimizing the cancer-promotional activity of cox-2 as a central strategy in cancer prevention. *Med Hypotheses*. 2012;78(1):45–57.
74. Paterson JR, Srivastava R, Baxter GJ, Graham AB, Lawrence JR. Salicylic acid content of spices and its implications. *J Agric Food Chem*. 2006;54(8):2891–6.
75. Paterson JR, Srivastava R, Baxter GJ, Graham AB, Lawrence JR. Salicylic acid content of spices and its implications. *J Agric Food Chem*. 2006;54(8):2891–6.
76. Pasche B, Wang M, Pennison M, Jimenez H. Prevention and treatment of cancer with aspirin: where do we stand? *Semin Oncol*. 2014;41(3):397–401.
77. Paterson JR, Srivastava R, Baxter GJ, Graham AB, Lawrence JR. Salicylic acid content of spices and its implications. *J Agric Food Chem*. 2006;54(8):2891–6.
78. Baxter GJ, Graham AB, Lawrence JR, Wiles D, Paterson JR. Salicylic acid in soups prepared from organically and non-organically grown vegetables. *Eur J Nutr*. 2001;40(6):289–92.

79. Scheier L. Salicylic acid: one more reason to eat your fruits and vegetables. *J Am Diet Assoc.* 2001;101(12):1406–8.
80. Duthie GG, Wood AD. Natural salicylates: foods, functions and disease prevention. *Food Funct.* 2011;2(9):515–20.
81. Seeff LC, Richards TB, Shapiro JA, et al. How many endoscopies are performed for colorectal cancer screening? Results from CDC's survey of endoscopic capacity. *Gastroenterology.* 2004;127(6):1670–7.
82. McLachlan SA, Clements A, Austoker J. Patients' experiences and reported barriers to colonoscopy in the screening context—a systematic review of the literature. *Patient Educ Couns.* 2012;86(2):137–46.
83. Lobel EZ, Korelitz BI. Postendoscopy syndrome: “the doctor never talked to me.” *J Clin Gastroenterol.* 2001;33(5):353–4.
84. McLachlan SA, Clements A, Austoker J. Patients' experiences and reported barriers to colonoscopy in the screening context—a systematic review of the literature. *Patient Educ Couns.* 2012;86(2):137–46.
85. Whitlock EP, Lin JS, Liles E, Beil TL, Fu R. Screening for colorectal cancer: a targeted, updated systematic review for the U.S. Preventive Services Task Force. *Ann Intern Med.* 2008; 149(9): 638–58.
86. Manner H, Plum N, Pech O, Ell C, Enderle MD. Colon explosion during argon plasma coagulation. *Gastrointest Endosc.* 2008;67(7):1123–7.
87. Ko CW, Dominitz JA. Complications of colonoscopy: magnitude and management. *Gastrointest Endosc Clin N Am.* 2010;20(4):659–71.
88. Whitlock EP, Lin JS, Liles E, Beil TL, Fu R. Screening for colorectal cancer: a targeted, updated systematic review for the U.S. Preventive Services Task Force. *Ann Intern Med.* 2008; 149(9):638–58.
89. van Hees F, Habbema JD, Meester RG, Lansdorp-Vogelaar I, van Ballegooijen M, Zauber AG. Should colorectal cancer screening be considered in elderly persons without previous screening? A cost-effectiveness analysis. *Ann Intern Med.* 2014;160(11):750–9.
90. Whitlock EP, Lin JS, Liles E, Beil TL, Fu R. Screening for colorectal cancer: a targeted, updated systematic review for the U.S. Preventive Services Task Force. *Ann Intern Med.* 2008; 149(9):638–58.
91. Brenner H, Stock C, Hoffmeister M. Effect of screening sigmoidoscopy and screening colonoscopy on colorectal cancer incidence and mortality: systematic review and meta-analysis of randomised controlled trials and observational studies. *BMJ.* 2014;348:g2467.
92. Swan H, Siddiqui AA, Myers RE. International colorectal cancer screening programs: population contact strategies, testing methods and screening rates. *Pract Gastroenterol.* 2012;36(8): 20–9.
93. Ling BS, Trauth JM, Fine MJ, et al. Informed decision-making and colorectal cancer screening: is it occurring in primary care? *Med Care.* 2008;46(9 Suppl 1):S23–9.
94. Ling BS, Trauth JM, Fine MJ, et al. Informed decision-making and colorectal cancer screening: is it occurring in primary care? *Med Care.* 2008;46(9 Suppl 1):S23–9.
95. Brett AS. Flexible sigmoidoscopy for colorectal cancer screening: more evidence, persistent ironies. *JAMA.* 2014;312(6):601–2.
96. Yabroff KR, Klabunde CN, Yuan G, et al. Are physicians' recommendations for colorectal cancer screening guideline-consistent? *J Gen Intern Med.* 2011;26(2):177–84.
97. Swan H, Siddiqui AA, Myers RE. International colorectal cancer screening programs: population contact strategies, testing methods and screening rates. *Pract Gastroenterol.* 2012;36(8):20–9.

98. Swan H, Siddiqui AA, Myers RE. International colorectal cancer screening programs: population contact strategies, testing methods and screening rates. *Pract Gastroenter.* 2012;36(8): 20–9.
99. Butterfield S. Changes coming for colon cancer screening. *ACP Internist.* 2014;34(7):10–11.
100. Rosenthal E. The \$2.7 trillion medical bill: colonoscopies explain why U.S. leads the world in health expenditures. *New York Times.* <http://www.nytimes.com/2013/06/02/health/colonoscopies-explain-why-us-leads-the-world-in-health-expenditures.html>. June 1, 2013. Accessed March 12, 2015.
101. Whoriskey P, Keating D. How a secretive panel uses data that distorts doctors' pay. *Washington Post.* http://www.washingtonpost.com/business/economy/how-a-secrective-panel-uses-data-that-distorts-doctors-pay/2013/07/20/ee134e3a-eda8-11e2-9008-61e94a7ea20d_story.html. July 20, 2013. Accessed March 12, 2015.
102. US Government Accountability Office. Medicare: action needed to address higher use of anatomic pathology services by providers who self-refer. GAO-13-445. <http://www.gao.gov/products/GAO-13-445>. June 24, 2013. Accessed March 12, 2015.
103. Spirling LI, Daniels IR. Botanical perspectives on health peppermint: more than just an afterdinner mint. *J R Soc Promot Health.* 2001;121(1):62–3.
104. Amato A, Liotta R, Mulé F. Effects of menthol on circular smooth muscle of human colon: analysis of the mechanism of action. *Eur J Pharmacol.* 2014;740:295–301.
105. Leicester RJ, Hunt RH. Peppermint oil to reduce colonic spasm during endoscopy. *Lancet.* 1982;2(8305):989.
106. Asao T, Mochiki E, Suzuki H, et al. An easy method for the intraluminal administration of peppermint oil before colonoscopy and its effectiveness in reducing colonic spasm. *Gastrointest Endosc.* 2001;53(2):172–7.
107. Shavakhi A, Ardestani SK, Taki M, Goli M, Keshteli AH. Premedication with peppermint oil capsules in colonoscopy: a double blind placebo-controlled randomized trial study. *Acta Gastroenterol Belg.* 2012;75(3):349–53.
108. Stange KC. Barbara Starfield: passage of the pathfinder of primary care. *Ann Fam Med.* 2011;9(4):292–6.
109. Starfield B. Is US health really the best in the world? *JAMA.* 2000;284(4):483–5.
110. Rappoport J. An exclusive interview with Dr. Barbara Starfield: medically caused death in America. Jon Rappoport's Blog. <https://jonnrapoport.wordpress.com/2009/12/09/an-exclusive-interview-with-dr-barbara-starfield-medically-caused-death-in-america/>. December 9, 2009. Accessed March 12, 2015.
111. Millenson ML. The silence. *Health Aff (Millwood).* 2003;22(2):103–12.
112. Holtzman NA. Chronicle of an unforetold death. *Arch Intern Med.* 2012;172(15):1174–7.
113. Anand SS, Islam S, Rosengren A, et al. Risk factors for myocardial infarction in women and men: insights from the INTERHEART study. *Eur Heart J.* 2008;29(7):932–40.

Часть II

Вступление

1. Mozaffarian D, Willet WC, Hu FB. The authors reply. *N Engl J Med.* 2011;365(11):1059.
2. Bernstein AM, Bloom DE, Rosner BA, Franz M, Willett WC. Relation of food cost to healthfulness of diet among US women. *Am J Clin Nutr.* 2010;92(5):1197–203.
3. Atwater WO. Foods: nutritive value and cost. *U.S. Department of Agriculture Farmers' Bulletin.* 1894;23:1–30.
4. Connell CL, Zoellner JM, Yadrick MK, Chekuri SC, Crook LB, Bogle ML. Energy density, nutrient adequacy, and cost per serving can provide insight into food choices in the lower Mississippi Delta. *J Nutr Educ Behav.* 2012;44(2):148–53.
5. Lo YT, Chang YH, Wahlqvist ML, Huang HB, Lee MS. Spending on vegetable and fruit consumption could reduce all-cause mortality among older adults. *Nutr J.* 2012;11:113.
6. U.S. Department of Agriculture, U.S. Department of Health and Human Services. Dietary guidelines for Americans, 2010. Washington, D.C.: U.S. Government Printing Office; 2010.
7. Dietary Guidelines Advisory Committee. The Report of the Dietary Guidelines Advisory Committee on Dietary Guidelines for Americans, 2010. Washington, D.C.: U.S. Government Printing Office; 2010.
8. U.S. Department of Agriculture, U.S. Department of Health and Human Services. Dietary guidelines for Americans, 2005. Washington, D.C.: U.S. Government Printing Office; 2005.
9. U.S. Department of Agriculture, U.S. Department of Health and Human Services. Dietary guidelines for Americans, 2010. Washington, D.C.: U.S. Government Printing Office; 2010.
10. U.S. Department of Agriculture, U.S. Department of Health and Human Services. Dietary guidelines for Americans, 2010. Washington, D.C.: U.S. Government Printing Office; 2010.
11. World Cancer Research Fund/American Institute for Cancer Research. Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective. Washington, D.C.: AICR, 2007.
12. Pork Information Gateway. Quick facts—the pork industry at a glance. <http://www.porkgateway.org/FileLibrary/PIGLibrary/References/NPB%20Quick%20%20Facts%20book.pdf>. Accessed April 7, 2015.
13. Green D. *McDonald's Corporation v. Steel & Morris* [1997] EWHC QB 366.
14. U.S. Department of Agriculture. Mission statement. http://www.usda.gov/wps/portal/usda/usdahome?navid=MISSION_STATEMENT. Accessed April 6, 2015.
15. U.S. Department of Agriculture, U.S. Department of Health and Human Services. Dietary guidelines for Americans, 2010. Washington, D.C.: U.S. Government Printing Office; 2010.
16. U.S. Department of Agriculture. Mission statement. http://www.usda.gov/wps/portal/usda/usdahome?navid=MISSION_STATEMENT. Accessed April 6, 2015.
17. U.S. Department of Agriculture. Greening Headquarters Update. http://www.moran.senate.gov/public/index.cfm/files/serve?File_id=668d6da1-314c-4647-9f17-25edb67bb2f2. July 23, 2012. Accessed May 20, 2015.

18. USDA Retracts Meatless Monday Recommendation. <http://www.meatlessmonday.com/articles/usda-misses-mark-on-meatless-monday/>. July 26, 2012. Accessed April 6, 2015.
19. Herman J. 2010. Saving U.S. dietary advice from conflicts of interest. *Food and Drug Law Journal*. 65(20):285–316.
20. Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington, D.C.: National Academies Press, 2003.
21. Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington, D.C.: National Academies Press, 2003.
22. U.S. Department of Agriculture. Fat and fatty acid content of selected foods containing trans-fatty acids. ARS Nutrient Data Laboratory. http://www.ars.usda.gov/SP2UserFiles/Place/12354500/Data/Classics/trans_fa.pdf. Accessed April 6, 2015.
23. Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington, D.C.: National Academies Press, 2003.
24. Fox M. Report recommends limiting trans-fats in diet. Reuters, July 10, 2002.
25. Krebs-Smith SM, Guenther PM, Subar AF, Kirkpatrick SI, Dodd KW. Americans do not meet federal dietary recommendations. *J Nutr*. 2010;140(10):1832–8.
26. Krebs-Smith SM, Guenther PM, Subar AF, Kirkpatrick SI, Dodd KW. Americans do not meet federal dietary recommendations. *J Nutr*. 2010;140(10):1832–8.
27. Krebs-Smith SM, Guenther PM, Subar AF, Kirkpatrick SI, Dodd KW. Americans do not meet federal dietary recommendations. *J Nutr*. 2010;140(10):1832–8.
28. Stuckler D, McKee M, Ebrahim S, Basu S. Manufacturing epidemics: the role of global producers in increased consumption of unhealthy commodities including processed foods, alcohol, and tobacco. *PLoS Med*. 2012;9(6):e1001235.
29. Brownell KD. Thinking forward: the quicksand of appeasing the food industry. *PLoS Med*. 2012;9(7):e1001254.
30. Freedhoff Y, Hébert PC. Partnerships between health organizations and the food industry risk derailing public health nutrition. *CMAJ*. 2011;183(3):291–2.
31. Neuman W. Save the Children breaks with soda tax effort. *New York Times*. December 14, 2010. <http://www.nytimes.com/2010/12/15/business/15soda.html>. Accessed April 8, 2015.
32. Murray CJ, Atkinson C, Bhalla K, et al. The state of US health, 1990–2010: burden of diseases, injuries, and risk factors. *JAMA*. 2013;310(6):591–608.
33. Neal B. Fat chance for physical activity. *Popul Health Metr*. 2013;11(1):9.
34. Gilroy DJ, Kauffman KW, Hall RA, Huang X, Chu FS. Assessing potential health risks from microcystin toxins in blue-green algae dietary supplements. *Environ Health Perspect*. 2000; 108(5):435–9.
35. Parker-Pope T. Michael Pollan offers 64 ways to eat food. *New York Times*, January 8, 2010.
36. Arnold D. British India and the “beriberi problem,” 1798–1942. *Med Hist*. 2010;54(3):295–314.
37. Freeman BB, Reimers K. Tomato consumption and health: emerging benefits. *Am J Lifestyle Med*. 2010; 5(2):182–91.

38. Denke MA. Effects of cocoa butter on serum lipids in humans: historical highlights. *Am J Clin Nutr.* 1994;60(6 Suppl):1014S–1016S.
39. Feingold Association of the United States. Regulations re 36 Colorants Covering 80 Countries. <http://www.feingold.org/Research/PDFstudies>List-of-Colorants.pdf>. Accessed June 30, 2015.
40. Galloway D. DIY bacon fat candle. <http://lifehacker.com/5929854/diy-bacon-fat-candle>. July 28, 2012. Accessed April 10, 2015.
41. Orlich MJ, Singh PN, Sabate J, et al. Vegetarian dietary patterns and mortality in Adventist Health Study 2. *JAMA Intern Med.* 2013;173(13):1230–8.
42. Willcox BJ, Willcox DC, Todoriki H, et al. Caloric restriction, the traditional Okinawan diet, and healthy aging: the diet of the world's longest-lived people and its potential impact on morbidity and life span. *Ann NY Acad Sci.* 2007;1114:434–55.
43. Kaiser Permanente. The plant-based diet: a healthier way to eat. http://mydoctor.kaiserpermanente.org/ncal/Images/New%20Plant%20Based%20Booklet%201214_tcm28-781815.pdf. 2013. Accessed April 10, 2015.
44. Campbell TC, Parpia B, Chen J. Diet, lifestyle, and the etiology of coronary artery disease: the Cornell China study. *Am J Cardiol.* 1998;82(10B):18T–21T.
45. Schane RE, Glantz SA, Ling PM. Social smoking implications for public health, clinical practice, and intervention research. *Am J Prev Med.* 2009;37(2):124–31.
46. Willard Bishop. Supermarket facts. The future of food retailing, 2014. <http://www.fmi.org/research-resources/supermarket-facts>. Accessed April 7, 2015.
47. Vohs KD, Heatherton TF. Self-regulatory failure: a resource-depletion approach. *Psychol Sci.* 2000;11(3):249–54.
48. Kaiser Permanente. The plant-based diet: a healthier way to eat. http://mydoctor.kaiserpermanente.org/ncal/Images/New%20Plant%20Based%20Booklet%201214_tcm28-781815.pdf. 2013. Accessed April 10, 2015.
49. Barnard N, Scialli AR, Bertron P, Hurlick D, Edmondset K. Acceptability of a therapeutic lowfat, vegan diet in premenopausal women. *J Nutr Educ.* 2000;32(6):314–9.
50. Miller KB, Hurst WJ, Payne MJ, et al. Impact of alkalization on the antioxidant and flavanol content of commercial cocoa powders. *J Agric Food Chem.* 2008;56(18):8527–33.

Ежедневный список доктора Грегера

1. Kon SK, Klein A. The value of whole potato in human nutrition. *Biochem J.* 1928;22(1):258–60.
2. Cheah IK, Halliwell B. Ergothioneine; antioxidant potential, physiological function and role in disease. *Biochim Biophys Acta.* 2012;1822(5):784–93.
3. United States Supreme Court. *Nix v. Hedden*, 149 U.S. 304 (1893).
4. Arkansas Code Title 1, Chapter 4, Section 1-4-115. http://archive.org/stream/govlawarcode012008/govlawarcode012008_djvu.txt. Accessed April 8, 2015.

Бобовые

1. World Cancer Research Fund/American Institute for Cancer Research. Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective. Washington, D.C.: AICR, 2007.
2. U.S. Department of Agriculture. National Nutrient Database for Standard Reference Release 27. Basic Report: 16426, Tofu, raw, firm, prepared with calcium sulfate. <http://ndb.nal.usda.gov/ndb/foods/show/4995>. Accessed April 4, 2015.
3. Fields of gold. *Nature*. 2013;497(7447):5–6.
4. Bóhn T, Cuhra M, Traavik T, Sanden M, Fagan J, Primicerio R. Compositional differences in soybeans on the market: glyphosate accumulates in Roundup Ready GM soybeans. *Food Chem*. 2014;153:207–15.
5. Aris A, Leblanc S. Maternal and fetal exposure to pesticides associated to genetically modified foods in Eastern Townships of Quebec, Canada. *Reprod Toxicol*. 2011;31(4):528–33.
6. Bohn T, Cuhra M, Traavik T, Sanden M, Fagan J, Primicerio R. Compositional differences in soybeans on the market: glyphosate accumulates in Roundup Ready GM soybeans. *Food Chem*. 2014;153:207–15.
7. Marc J, Mulner-Lorillon O, Boulben S, Hureau D, Durand G, Belle R. Pesticide Roundup provokes cell division dysfunction at the level of CDK1/cyclin B activation. *Chem Res Toxicol*. 2002; 15(3):326–31.
8. Walsh LP, McCormick C, Martin C, Stocco DM. Roundup inhibits steroidogenesis by disrupting steroidogenic acute regulatory (StAR) protein expression. *Environ Health Perspect*. 2000; 108(8):769–76.
9. Vaughan E. Men! Save your testicles (and humanity): avoid Roundup® and GMO/GE Roundup Ready® foods. <http://www.drvaughan.com/2013/07/men-save-your-testicles-and-humanity.html>, July 29, 2013. Accessed April 9, 2015.
10. Romano RM, Romano MA, Bernardi MM, Furtado PV, Oliveira CA. Prepubertal exposure to commercial formulation of the herbicide glyphosate alters testosterone levels and testicular morphology. *Arch Toxicol*. 2010;84(4):309–17.
11. Richard S, Moslemi S, Sipahutar H, Benachour N, Seralini GE. Differential effects of glyphosate and Roundup on human placental cells and aromatase. *Environ Health Perspect*. 2005;113(6): 716–20.
12. De Roos AJ, Blair A, Rusiecki JA, et al. Cancer incidence among glyphosate-exposed pesticide applicators in the Agricultural Health Study. *Environ Health Perspect*. 2005;113(1):49–54.
13. De Roos AJ, Zahm SH, Cantor KP, et al. Integrative assessment of multiple pesticides as risk factors for non-Hodgkin's lymphoma among men. *Occup Environ Med*. 2003;60(9):E11.
14. Garry VF, Harkins ME, Erickson LL, Long-Simpson LK, Holland SE, Burroughs BL. Birth defects, season of conception, and sex of children born to pesticide applicators living in the Red River Valley of Minnesota, USA. *Environ Health Perspect*. 2002;110 Suppl 3:441–9.
15. Thongprakaisang S, Thiantanawat A, Rangkadilok N, Suriyo T, Satayavivad J. Glyphosate induces human breast cancer cells growth via estrogen receptors. *Food Chem Toxicol*. 2013;59: 129–36.
16. Butler D, Reichhardt T. Long-term Effect of GM crops serves up food for thought. *Nature*. 1999;398(6729):651–6.
17. Smyth S. International considerations of food biotechnology regulatory frameworks. <http://regulation.upf.edu/exeter-12-papers/Paper%2020260%20-%20Smyth%20202012%20-%20International%20Considerations%20of%20Food%20Biotechnology%20Regulatory%20Frameworks.pdf>. June 29, 2012. Accessed April 9, 2015.

18. Kramkowska M, Grzelak T, Czyżewska K. Benefits and risks associated with genetically modified food products. *Ann Agric Environ Med.* 2013;20(3):413–9.
19. Murooka Y, Yamshita M. Traditional healthful fermented products of Japan. *J Ind Microbiol Biotechnol.* 2008;35(8):791–8.
20. World Cancer Research Fund/American Institute for Cancer Research. Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective. Washington, D.C.: AICR, 2007.
21. Parkin DM. 7. Cancers attributable to dietary factors in the UK in 2010. IV. Salt. *Br J Cancer.* 2011;105 Suppl 2:S31–3.
22. Lee YY, Derakhshan MH. Environmental and lifestyle risk factors of gastric cancer. *Arch Iran Med.* 2013;16(6):358–65.
23. Gonzalez CA, Jakuszyn P, Pera G, et al. Meat intake and risk of stomach and esophageal adenocarcinoma within the European Prospective Investigation into Cancer and Nutrition (EPIC). *J Natl Cancer Inst.* 2006;98(5):345–54.
24. Key TJ, Appleby PN, Crowe FL, Bradbury KE, Schmidt JA, Travis RC. Cancer in British vegetarians: updated analyses of 4998 incident cancers in a cohort of 32,491 meat eaters, 8612 fish eaters, 18,298 vegetarians, and 2246 vegans. *Am J Clin Nutr.* 2014;100 Suppl 1:378S–85S.
25. D'Elia L, Rossi G, Ippolito R, Cappuccio FP, Strazzullo P. Habitual salt intake and risk of gastric cancer: a meta-analysis of prospective studies. *Clin Nutr.* 2012;31(4):489–98.
26. Joossens JV, Hill MJ, Elliott P, et al. Dietary salt, nitrate and stomach cancer mortality in 24 countries. European Cancer Prevention (ECP) and the INTERSALT Cooperative Research Group. *Int J Epidemiol.* 1996;25(3):494–504.
27. D'Elia L, Rossi G, Ippolito R, Cappuccio FP, Strazzullo P. Habitual salt intake and risk of gastric cancer: a meta-analysis of prospective studies. *Clin Nutr.* 2012;31(4):489–98.
28. Ko KP, Park SK, Yang JJ, et al. Intake of soy products and other foods and gastric cancer risk: a prospective study. *J Epidemiol.* 2013;23(5):337–43.
29. D'Elia L, Rossi G, Ippolito R, Cappuccio FP, Strazzullo P. Habitual salt intake and risk of gastric cancer: a meta-analysis of prospective studies. *Clin Nutr.* 2012;31(4):489–98.
30. Turati F, Pelucchi C, Guercio V, La Vecchia C, Galeone C. Allium vegetable intake and gastric cancer: a case-control study and meta-analysis. *Mol Nutr Food Res.* 2015;59(1):171–9.
31. He J, Gu D, Wu X, et al. Effect of soybean protein on blood pressure: a randomized, controlled trial. *Ann Intern Med.* 2005;143(1):1–9.
32. Rivas M, Garay RP, Escanero JF, Cia P, Cia P, Alda JO. Soy milk lowers blood pressure in men and women with mild to moderate essential hypertension. *J Nutr.* 2002;132(7):1900–2.
33. Kanda A, Hoshiyama Y, Kawaguchi T. Association of lifestyle parameters with the prevention of hypertension in elderly Japanese men and women: a four-year follow-up of normotensive subjects. *Asia Pac J Public Health.* 1999;11(2):77–81.
34. Jenkins DJ, Wolever TM, Taylor RH, et al. Slow release dietary carbohydrate improves second meal tolerance. *Am J Clin Nutr.* 1982;35(6):1339–46.
35. Ropert A, Cherbut C, Rozé C, et al. Colonic fermentation and proximal gastric tone in humans. *Gastroenterology.* 1996;111(2):289–96.

36. Molland RC, Wong CL, Luhovyy BL, Anderson GH. First and second meal effects of pulses on blood glucose, appetite, and food intake at a later meal. *Appl Physiol Nutr Metab.* 2011;36(5): 634–42.
37. Yashin YI, Nemzer BV, Ryzhnev VY, Yashin AY, Chernousova NI, Fedina PA. Creation of a databank for content of antioxidants in food products by an amperometric method. *Molecules.* 2010;15(10):7450–66.
38. Zanovec M, O’Neil CE, Nicklas TA. Comparison of nutrient density and nutrient-to-cost between cooked and canned beans. *Food Nutr Sci.* 2011;2(2):66–73.
39. Zanovec M, O’Neil CE, Nicklas TA. Comparison of nutrient density and nutrient-to-cost between cooked and canned beans. *Food Nutr Sci.* 2011;2(2):66–73.
40. Kid Tested Firefighter Approved. Buffalo ranch roasted chickpeas. <http://kidtestedfirefighterapproved.com/2012/08/05/buffalo-ranch-roasted-chickpeas/>. August 5, 2012. Accessed April 9, 2015.
41. Bazzano LA, Thompson AM, Tees MT, Nguyen CH, Winham DM. Non-soy legume consumption lowers cholesterol levels: a meta-analysis of randomized controlled trials. *Nutr Metab Cardiovasc Dis.* 2011;21(2):94–103.
42. Anderson JW, Bush HM. Soy protein effects on serum lipoproteins: a quality assessment and meta-analysis of randomized, controlled studies. *J Am Coll Nutr.* 2011;30(2):79–91.
43. Winham DM, Hutchins AM, Johnston CS. Pinto bean consumption reduces biomarkers for heart disease risk. *J Am Coll Nutr.* 2007;26(3):243–9.
44. Fuhrman J. Fudgy black bean brownies. *The Dr. Oz Show.* <http://www.doctoroz.com/recipe/fudgy-black-bean-brownies>. November 12, 2014. Accessed April 9, 2015.
45. U.S. Department of Agriculture. Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods—2007. http://www.orac-info-portal.de/download/ORAC_R2.pdf. November 2007. Accessed April 10, 2015.
46. Darmadi-Blackberry I, Wahlqvist ML, Kouris-Blazos A, et al. Legumes: the most important dietary predictor of survival in older people of different ethnicities. *Asia Pac J Clin Nutr.* 2004;13(2):217–20.
47. Darmadi-Blackberry I, Wahlqvist ML, Kouris-Blazos A, et al. Legumes: the most important dietary predictor of survival in older people of different ethnicities. *Asia Pac J Clin Nutr.* 2004;13(2):217–20.
48. Desrochers N, Brauer PM. Legume promotion in counselling: an e-mail survey of dietitians. *Can J Diet Pract Res.* 2001;62(4):193–8.
49. Winham DM, Hutchins AM. Perceptions of flatulence from bean consumption among adults in 3 feeding studies. *Nutr J.* 2011;10:128.
50. Levitt MD, Lasser RB, Schwartz JS, Bond JH. Studies of a flatulent patient. *N Engl J Med.* 1976;295(5):260–2.
51. Levitt MD, Furne J, Olsson S. The relation of passage of gas and abdominal bloating to colonic gas production. *Ann Intern Med.* 1996;124(4):422–4.
52. Price KR, Lewis J, Wyatt GM, Fenwick GR. Flatulence—causes, relation to diet and remedies. *Nahrung.* 1988;32(6):609–26.
53. Matthews SB, Waud JP, Roberts AG, Campbell AK. Systemic lactose intolerance: a new perspective on an old problem. *Postgrad Med J.* 2005;81(953):167–73.
54. Levitt MD, Lasser RB, Schwartz JS, Bond JH. Studies of a flatulent patient. *N Engl J Med.* 1976;295(5):260–2.

55. McEligot AJ, Gilpin EA, Rock CL, et al. High dietary fiber consumption is not associated with gastrointestinal discomfort in a diet intervention trial. *J Am Diet Assoc.* 2002;102(4):549–51.
56. Price KR, Lewis J, Wyatt GM, Fenwick GR. Flatulence—causes, relation to diet and remedies. *Nahrung.* 1988;32(6):609–26.
57. Jood S, Mehta U, Singh R, Bhat CM. Effect of processing on flatus producing factors in legumes. *J Agric Food Chem.* 1985;3:268–71.
58. Savitri A, Bhavanishankar TN, Desikachar HSR. Effect of spices on in vitro gas production by Clostridium perfringens. *Food Microbiol.* 1986;3:195–9.
59. Di Stefano M, Miceli E, Gotti S, Missanelli A, Mazzocchi S, Corazza GR. The Effect of oral alphagalactosidase on intestinal gas production and gas-related symptoms. *Dig Dis Sci.* 2007; 52(1):78–83.
60. How you can limit your gas production. 12 tips for dealing with flatulence. *Harv Health Lett.* 2007; 32(12):3.
61. Magee EA, Richardson CJ, Hughes R, Cummings JH. Contribution of dietary protein to sulfide production in the large intestine: an in vitro and a controlled feeding study in humans. *Am J Clin Nutr.* 2000;72(6):1488–94.
62. Gorbach SL. Bismuth therapy in gastrointestinal diseases. *Gastroenterology.* 1990;99(3):863–75.
63. Suarez FL, Springfield J, Levitt MD. Identification of gases responsible for the odour of human flatus and evaluation of a device purported to reduce this odour. *Gut.* 1998;43(1):100–4.
64. Bouchier IA. Flatulence. *Practitioner.* 1980;224(1342):373–7.
65. Fardy J, Sullivan S. Gastrointestinal gas. *CMAJ.* 1988;139(12):1137–42.

Ягоды

1. McCullough ML, Peterson JJ, Patel R, Jacques PF, Shah R, Dwyer JT. Flavonoid intake and cardiovascular disease mortality in a prospective cohort of US adults. *Am J Clin Nutr.* 2012;95(2): 454–64.
2. Hernandez-Marin E, Galano A, Martinez A. Cis carotenoids: colorful molecules and free radical quenchers. *J Phys Chem B.* 2013;117(15):4050–61.
3. U.S. Department of Agriculture. Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods—2007. http://www.orac-info-portal.de/download/ORAC_R2.pdf. November 2007. Accessed April 10, 2015.
4. Carlsen MH, Halvorsen BL, Holte K, et al. The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. *Nutr J.* 2010;9:3.
5. Carlsen MH, Halvorsen BL, Holte K, et al. The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. *Nutr J.* 2010;9:3.
6. Carlsen MH, Halvorsen BL, Holte K, et al. The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. *Nutr J.* 2010;9:3.
7. Dinstel RR, Cascio J, Koukel S. The antioxidant level of Alaska's wild berries: high, higher and highest. *Int J Circumpolar Health.* 2013;72.
8. Carlsen MH, Halvorsen BL, Holte K, et al. The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. *Nutr J.* 2010;9:3.

9. Petta S, Marchesini G, Caracausi L, et al. Industrial, not fruit fructose intake is associated with the severity of liver fibrosis in genotype 1 chronic hepatitis C patients. *J Hepatol.* 2013;59(6): 1169–76.
10. Madero M, Arriaga JC, Jalal D, et al. The effect of two energy-restricted diets, a low-fructose diet versus a moderate natural fructose diet, on weight loss and metabolic syndrome parameters: a randomized controlled trial. *Metab Clin Exp.* 2011;60(11):1551–9.
11. U.S. Department of Agriculture Economic Research Service. U.S. sugar production. <http://www.ers.usda.gov/topics/crops/sugar-sweeteners/background.aspx>. November 14, 2014. Accessed April 11, 2015.
12. Petta S, Marchesini G, Caracausi L, et al. Industrial, not fruit fructose intake is associated with the severity of liver fibrosis in genotype 1 chronic hepatitis C patients. *J Hepatol.* 2013;59(6): 1169–76.
13. Törrönen R, Kolehmainen M, Sarkkinen E, Mykkänen H, Niskanen L. Postprandial glucose, insulin, and free fatty acid responses to sucrose consumed with blackcurrants and lingonberries in healthy women. *Am J Clin Nutr.* 2012;96(3):527–33.
14. Törrönen R, Kolehmainen M, Sarkkinen E, Mykkänen H, Niskanen L. Postprandial glucose, insulin, and free fatty acid responses to sucrose consumed with blackcurrants and lingonberries in healthy women. *Am J Clin Nutr.* 2012;96(3):527–33.
15. Törrönen R, Kolehmainen M, Sarkkinen E, Poutanen K, Mykkänen H, Niskanen L. Berries reduce postprandial insulin responses to wheat and rye breads in healthy women. *J Nutr.* 2013; 143(4):430–6.
16. Törrönen R, Kolehmainen M, Sarkkinen E, Mykkänen H, Niskanen L. Postprandial glucose, insulin, and free fatty acid responses to sucrose consumed with blackcurrants and lingonberries in healthy women. *Am J Clin Nutr.* 2012;96(3):527–33.
17. Manzano S, Williamson G. Polyphenols and phenolic acids from strawberry and apple decrease glucose uptake and transport by human intestinal Caco-2 cells. *Mol Nutr Food Res.* 2010; 54(12):1773–80.
18. Sievenpiper JL, Chiavaroli L, de Souza RJ, et al. “Catalytic” doses of fructose may benefit glycaemic control without harming cardiometabolic risk factors: a small meta-analysis of randomised controlled feeding trials. *Br J Nutr.* 2012;108(3):418–23.
19. Christensen AS, Viggers L, Hasselström K, Gregersen S. Effect of fruit restriction on glycemic control in patients with type 2 diabetes—a randomized trial. *Nutr J.* 2013;12:29.
20. Meyer BJ, van der Merwe M, du Plessis DG, de Bruin EJ, Meyer AC. Some physiological effects of a mainly fruit diet in man. *S Afr Med J.* 1971;45(8):191–5.
21. Meyer BJ, de Bruin EJ, du Plessis DG, van der Merwe M, Meyer AC. Some biochemical effects of a mainly fruit diet in man. *S Afr Med J.* 1971;45(10):253–61.
22. Jenkins DJ, Kendall CW, Popovich DG, et al. Effect of a very-high-fiber vegetable, fruit, and nut diet on serum lipids and colonic function. *Metab Clin Exp.* 2001;50(4):494–503.
23. Jenkins DJ, Kendall CW, Popovich DG, et al. Effect of a very-high-fiber vegetable, fruit, and nut diet on serum lipids and colonic function. *Metab Clin Exp.* 2001;50(4):494–503.
24. Ou B, Bosak KN, Brickner PR, Iezzoni DG, Seymour EM. Processed tart cherry products—comparative phytochemical content, in vitro antioxidant capacity and in vitro anti-inflammatory activity. *J Food Sci.* 2012;77(5):H105–12.
25. Mullen W, Stewart AJ, Lean ME, Gardner P, Duthie GG, Crozier A. Effect of freezing and storage on the phenolics, ellagitannins, flavonoids, and antioxidant capacity of red raspberries. *J Agric Food Chem.* 2002;50(18):5197–201.

26. Marques KK, Renfroe MH, Brevard PB, Lee RE, Gloeckner JW. Differences in antioxidant levels of fresh, frozen and freeze-dried strawberries and strawberry jam. *Int J Food Sci Nutr.* 2010;61(8):759–69.
27. Blau LW. Cherry diet control for gout and arthritis. *Tex Rep Biol Med.* 1950;8(3):309–11.
28. Overman T. Pegloticase: a new treatment for gout. *Cleveland Clinic Pharmacotherapy Update.* 2011;14(2):1–3.
29. Finkelstein Y, Aks SE, Hutson JR, et al. Colchicine poisoning: the dark side of an ancient drug. *Clin Toxicol (Phila).* 2010;48(5):407–14.
30. Fritsch PO, Sidoroff A. Drug-induced Stevens-Johnson syndrome/toxic epidermal necrolysis. *Am J Clin Dermatol.* 2000;1(6):349–60.
31. Zhang Y, Chen C, Choi H, et al. Purine-rich foods intake and recurrent gout attacks. *Ann Rheum Dis.* 2012;71(9):1448–53.
32. Kelley DS, Rasooly R, Jacob RA, Kader AA, Mackey BE. Consumption of Bing sweet cherries lowers circulating concentrations of inflammation markers in healthy men and women. *J Nutr.* 2006;136(4):981–6.
33. Zielinsky P, Busato S. Prenatal effects of maternal consumption of polyphenol-rich foods in late pregnancy upon fetal ductus arteriosus. *Birth Defects Res C.* 2013;99(4):256–74.
34. Howatson G, Bell PG, Tallent J, Middleton B, McHugh MP, Ellis J. Effect of tart cherry juice (*Prunus cerasus*) on melatonin levels and enhanced sleep quality. *Eur J Nutr.* 2012;51(8): 909–16.
35. Huang X, Mazza G. Application of LC and LC-MS to the analysis of melatonin and serotonin in edible plants. *Crit Rev Food Sci Nutr.* 2011;51(4):269–84.
36. Carlsen MH, Halvorsen BL, Holte K, et al. The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. *Nutr J.* 2010;9:3.
37. Beatty S, Murray IJ, Henson DB, Carden D, Koh H, Boulton ME. Macular pigment and risk for age-related macular degeneration in subjects from a Northern European population. *Invest Ophthalmol Vis Sci.* 2001;42(2):439–46.
38. Cheng CY, Chung WY, Szeto YT, Benzie IF. Fasting plasma zeaxanthin response to *Fructus barbarum L.* (wolfberry; Kei Tze) in a food-based human supplementation trial. *Br J Nutr.* 2005;93(1):123–30.
39. Bucheli P, Vidal K, Shen L, et al. Goji berry effects on macular characteristics and plasma antioxidant levels. *Optom Vis Sci.* 2011;88(2):257–62.
40. Nakaishi H, Matsumoto H, Tominaga S, Hirayama M. Effects of black currant anthocyanoside intake on dark adaptation and VDT work-induced transient refractive alteration in healthy humans. *Altern Med Rev.* 2000;5(6):553–62.
41. Wu X, Beecher GR, Holden JM, Haytowitz DB, Gebhardt SE, Prior RL. Concentrations of anthocyanins in common foods in the United States and estimation of normal consumption. *J Agric Food Chem.* 2006;54(11):4069–75.
42. Muth ER, Laurent JM, Jasper P. The Effect of bilberry nutritional supplementation on night visual acuity and contrast sensitivity. *Altern Med Rev.* 2000;5(2):164–73.
43. Rababah TM, Al-Mahasneh MA, Kilani I, et al. Effect of jam processing and storage on total phenolics, antioxidant activity, and anthocyanins of different fruits. *J Sci Food Agric.* 2011; 91(6): 1096–102.

44. Marques KK, Renfroe MH, Brevard PB, Lee RE, Gloeckner JW. Differences in antioxidant levels of fresh, frozen and freeze-dried strawberries and strawberry jam. *Int J Food Sci Nutr.* 2010;61(8):759–69.
45. Vivian J. Foraging for edible wild plants: a field guide to wild berries. Mother Earth News, October/November 1999. <http://www.motherearthnews.com/organic-gardening/edible-wild-plants.aspx>. Accessed April 11, 2015.

Другие фрукты

1. Horton R. GBD 2010: understanding disease, injury, and risk. *Lancet.* 2012;380(9859): 2053–4.
2. Murray CJ, Atkinson C, Bhalla K, et al. The state of US health, 1990–2010: burden of diseases, injuries, and risk factors. *JAMA.* 2013;310(6):591–608.
3. Lim SS, Vos T, Flaxman AD, et al. A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990–2010: a systematic analysis for the Global Burden of Disease Study 2010. *Lancet.* 2012;380(9859): 2224–60.
4. Arranz S, Silván JM, Saura-Calixto F. Nonextractable polyphenols, usually ignored, are the major part of dietary polyphenols: a study on the Spanish diet. *Mol Nutr Food Res.* 2010;54(11): 1646–58.
5. Mullen W, Marks SC, Crozier A. Evaluation of phenolic compounds in commercial fruit juices and fruit drinks. *J Agric Food Chem.* 2007;55(8):3148–57.
6. Muraki I, Imamura F, Manson JE, et al. Fruit consumption and risk of type 2 diabetes: results from three prospective longitudinal cohort studies. *BMJ.* 2013;347:f5001.
7. Li N, Shi J, Wang K. Profile and antioxidant activity of phenolic extracts from 10 crabapples (*Malus* wild species). *J Agric Food Chem.* 2014;62(3):574–81.
8. Vogel RA. Brachial artery ultrasound: a noninvasive tool in the assessment of triglyceride-rich lipoproteins. *Clin Cardiol.* 1999;22(6 Suppl):II34–9.
9. Rueda-Clausen CF, Silva FA, Lindarte MA, et al. Olive, soybean and palm oils intake have a similar acute detrimental effect over the endothelial function in healthy young subjects. *Nutr Metab Cardiovasc Dis.* 2007;17(1):50–7.
10. Casas-Agustench P, López-Uriarte P, Ros E, Bulló M, Salas-Salvadó J. Nuts, hypertension and endothelial function. *Nutr Metab Cardiovasc Dis.* 2011;21 Suppl 1:S21–33.
11. Vogel RA, Corretti MC, Plotnick GD. The postprandial effect of components of the Mediterranean diet on endothelial function. *J Am Coll Cardiol.* 2000;36(5):1455–60.
12. Carlsen MH, Halvorsen BL, Holte K, et al. The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. *Nutr J.* 2010;9:3.
13. Cormio L, De Siasi M, Lorusso F, et al. Oral L-citrulline supplementation improves erection hardness in men with mild erectile dysfunction. *Urology.* 2011;77(1):119–22.
14. Rimando AM, Perkins-Veazie PM. Determination of citrulline in watermelon rind. *J Chromatogr A.* 2005;1078(1–2):196–200.
15. Pfizer Annual Meeting of Shareholders 2014 Financial Report. http://www.pfizer.com/system/files/presentation/2014_Pfizer_Financial_Report.pdf. Accessed May 16, 2015.

16. Johnson G. Watermelon board approves officers, budget, marketing plan. The Packer. <http://www.thepacker.com/news/watermelon-board-approves-officers-budget-marketing-plan>. February 24, 2015. Accessed May 16, 2015.
17. Chai SC, Hooshmand S, Saadat RL, Payton ME, Brummel-Smith K, Arjmandi BH. Daily apple versus dried plum: impact on cardiovascular disease risk factors in postmenopausal women. *J Acad Nutr Diet*. 2012;112(8):1158–68.
18. Magee E. A nutritional component to inflammatory bowel disease: the contribution of meat to fecal sulfide excretion. *Nutrition*. 1999;15(3):244–6.
19. Ananthakrishnan AN, Khalili H, Konijeti GG, et al. A prospective study of long-term intake of dietary fiber and risk of Crohn's disease and ulcerative colitis. *Gastroenterology*. 2013;145(5): 970–7.
20. Lin HH, Tsai PS, Fang SC, Liu JF. Effect of kiwifruit consumption on sleep quality in adults with sleep problems. *Asia Pac J Clin Nutr*. 2011;20(2):169–74.
21. U.S. Food and Drug Administration. FDA announces discontinued marketing of GI drug, Zelnorm, for safety reasons. <http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/2007/ucm108879.htm>. March 30, 2007. Accessed April 11, 2015.
22. Skinner MA. Gold kiwifruit for immune support and reducing symptoms of cold and influenza. *J Food Drug Anal*. 2012;20:261–4.
23. Hunter DC, Skinner MA, Wolber FM, et al. Consumption of gold kiwifruit reduces severity and duration of selected upper respiratory tract infection symptoms and increases plasma vitamin C concentration in healthy older adults. *Br J Nutr*. 2012;108(7):1235–45.
24. Orhan F, Karakas T, Cakir M, Aksoy A, Baki A, Gedik Y. Prevalence of immunoglobulin E-mediated food allergy in 6–9-year-old urban schoolchildren in the eastern Black Sea region of Turkey. *Clin Exp Allergy*. 2009;39(7):1027–35.
25. Rancé F, Grandmottet X, Grandjean H. Prevalence and main characteristics of schoolchildren diagnosed with food allergies in France. *Clin Exp Allergy*. 2005;35(2):167–72.
26. Szeto YT, To TL, Pak SC, Kalle W. A study of DNA protective effect of orange juice supplementation. *Appl Physiol Nutr Metab*. 2013;38(5):533–6.
27. Slyskova J, Lorenzo Y, Karlsen A, et al. Both genetic and dietary factors underlie individual differences in DNA damage levels and DNA repair capacity. *DNA Repair (Amst)*. 2014;16: 66–73.
28. Szeto YT, Chu WK, Benzie IF. Antioxidants in fruits and vegetables: a study of cellular availability and direct Effects on human DNA. *Biosci Biotechnol Biochem*. 2006;70(10):2551–5.
29. Szeto YT, To TL, Pak SC, Kalle W. A study of DNA protective effect of orange juice supplementation. *Appl Physiol Nutr Metab*. 2013;38(5):533–6.
30. Song JK, Bae JM. Citrus fruit intake and breast cancer risk: a quantitative systematic review. *J Breast Cancer*. 2013;16(1):72–6.
31. Miller JA, Lang JE, Ley M, et al. Human breast tissue disposition and bioactivity of limonene in women with early-stage breast cancer. *Cancer Prev Res (Phila)*. 2013;6(6):577–84.
32. Lorenzo Y, Azqueta A, Luna L, Bonilla F, Domínguez G, Collins AR. The carotenoid betacryptoxanthin stimulates the repair of DNA oxidation damage in addition to acting as an antioxidant in human cells. *Carcinogenesis*. 2009;30(2):308–14.

33. Hakim IA, Harris RB, Ritenbaugh C. Citrus peel use is associated with reduced risk of squamous cell carcinoma of the skin. *Nutr Cancer*. 2000;37(2):161–8.
34. Astley SB, Elliott RM, Archer DB, Southon S. Evidence that dietary supplementation with carotenoids and carotenoid-rich foods modulates the DNA damage: repair balance in human lymphocytes. *Br J Nutr*. 2004;91(1):63–72.
35. Feskanich D, Willett WC, Hunter DJ, Colditz GA. Dietary intakes of vitamins A, C, and E and risk of melanoma in two cohorts of women. *Br J Cancer*. 2003;88(9):1381–7.
36. Owira PM, Ojewole JA. The grapefruit: an old wine in a new glass? Metabolic and cardiovascular perspectives. *Cardiovasc J Afr*. 2010;21(5):280–5.
37. Fuhr U, Klittich K, Staib AH. Inhibitory effect of grapefruit juice and its bitter principal, naringenin, on CYP1A2 dependent metabolism of caffeine in man. *Br J Clin Pharmacol*. 1993; 35(4):431–6.
38. Ratain MJ, Cohen EE. The value meal: how to save \$1,700 per month or more on lapatinib. *J Clin Oncol*. 2007;25(23):3397–8.
39. Aziz S, Asokumaran T, Intan G. Penetrating ocular injury by durian fruit. *Med J Malaysia*. 2009;64(3):244–5.
40. Winokur J. *The Traveling Curmudgeon*. Seattle: Sasquatch Books, 2003.

Крестоцветные овощи

1. Lenzi M, Fimognari C, Hrelia P. Sulforaphane as a promising molecule for fighting cancer. *Cancer Treat Res*. 2014;159:207–23.
2. Tarozzi A, Angeloni C, Malaguti M, Morroni F, Hrelia S, Hrelia P. Sulforaphane as a potential protective phytochemical against neurodegenerative diseases. *Oxid Med Cell Longev*. 2013; 2013:415078.
3. Liu H, Smith AJ, Lott MC, et al. Sulforaphane can protect lens cells against oxidative stress: implications for cataract prevention. *Invest Ophthalmol Vis Sci*. 2013;54(8):5236–48.
4. Heber D, Li Z, Garcia-Lloret M, et al. Sulforaphane-rich broccoli sprout extract attenuates nasal allergic response to diesel exhaust particles. *Food Funct*. 2014;5(1):35–41.
5. Bahadoran Z, Mirmiran P, Azizi F. Potential efficacy of broccoli sprouts as a unique supplement for management of type 2 diabetes and its complications. *J Med Food*. 2013;16(5):375–82.
6. Matusheski NV, Juvik JA, Jeffery EH. Heating decreases epithiospecifier protein activity and increases sulforaphane formation in broccoli. *Phytochemistry*. 2004;65(9):1273–81.
7. Singh K, Connors SL, Macklin EA, et al. Sulforaphane treatment of autism spectrum disorder (ASD). *Proc Natl Acad Sci USA*. 2014;111(43):15550–5.
8. Vermeulen M, Klöpping-Ketelaars IW, van den Berg R, Vaes WH. Bioavailability and kinetics of sulforaphane in humans after consumption of cooked versus raw broccoli. *J Agric Food Chem*. 2008;56(22):10505–9.
9. Ferrarini L, Pellegrini N, Mazzeo T, et al. Anti-proliferative activity and chemoprotective effects towards DNA oxidative damage of fresh and cooked Brassicaceae. *Br J Nutr*. 2012;107(9): 1324–32.
10. Collins PJ, Horowitz M, Chatterton BE. Proximal, distal and total stomach emptying of a digestible solid meal in normal subjects. *Br J Radiol*. 1988;61(721):12–8.

11. Dosz EB, Jeffery EH. Modifying the processing and handling of frozen broccoli for increased sulforaphane formation. *J Food Sci.* 2013;78(9):H1459–63.
12. Olsen H, Grimmer S, Aaby K, Saha S, Borge GI. Antiproliferative effects of fresh and thermal processed green and red cultivars of curly kale (*Brassica oleracea* L. convar. *acephala* var. *sabellica*). *J Agric Food Chem.* 2012;60(30):7375–83.
13. Dosz EB, Jeffery EH. Commercially produced frozen broccoli lacks the ability to form sulforaphane. *Journal of Functional Foods.* 2013;5(2):987–90.
14. Ghawi SK, Methven L, Niranjan K. The potential to intensify sulforaphane formation in cooked broccoli (*Brassica oleracea* var. *italica*) using mustard seeds (*Sinapis alba*). *Food Chem.* 2013; 138(2–3):1734–41.
15. Dosz EB, Jeffery EH. Modifying the processing and handling of frozen broccoli for increased sulforaphane formation. *J Food Sci.* 2013;78(9):H1459–63.
16. Nolan C. Kale is a noun. <http://engine2diet.com/the-daily-beet/kale-is-a-noun/>. Accessed April 12, 2015.
17. U.S. Department of Agriculture Economic Research Service. Cabbage— average retail price per pound and per cup equivalent, 2013. http://www.ers.usda.gov/datafiles/Fruit_and_Vegetable_Prices/Vegetables/cabbage.xlsx. Accessed May 21, 2015.
18. U.S. Department of Agriculture. Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods—2007. http://www.orac-info-portal.de/download/ORAC_R2.pdf. November 2007. Accessed April 10, 2015.
19. U.S. Department of Agriculture Economic Research Service. Cabbage— average retail price per pound and per cup equivalent, 2013. http://www.ers.usda.gov/datafiles/Fruit_and_Vegetable_Prices/Vegetables/cabbage.xlsx. Accessed May 21, 2015.
20. Gu Y, Guo Q, Zhang L, Chen Z, Han Y, Gu Z. Physiological and biochemical metabolism of germinating broccoli seeds and sprouts. *J Agric Food Chem.* 2012;60(1):209–13.
21. Clarke JD, Hsu A, Riedl K, et al. Bioavailability and inter-conversion of sulforaphane and erucin in human subjects consuming broccoli sprouts or broccoli supplement in a cross-over study design. *Pharmacol Res.* 2011;64(5):456–63.
22. Shapiro TA, Fahey JW, Dinkova-Kostova AT, et al. Safety, tolerance, and metabolism of broccoli sprout glucosinolates and isothiocyanates: a clinical phase I study. *Nutr Cancer.* 2006;55(1): 53–62.
23. Sestili P, Paolillo M, Lenzi M, et al. Sulforaphane induces DNA single strand breaks in cultured human cells. *Mutat Res.* 2010;689(1–2):65–73.

Зеленые овощи

1. Kwak CS, Moon SC, Lee MS. Antioxidant, antimutagenic, and antitumor effects of pine needles (*Pinus densiflora*). *Nutr Cancer.* 2006;56(2):162–71.
2. Grivetti LE, Corlett JL, Gordon BM, Lockett GT. Food in American history: Part 10. Greens: Part 1. Vegetable greens in a historical context. *Nutr Today.* 2008;42(2):88–94.
3. Krebs-Smith SM, Guenther PM, Subar AF, Kirkpatrick SI, Dodd KW. Americans do not meet federal dietary recommendations. *J Nutr.* 2010;140(10):1832–8.
4. Walker FB. Myocardial infarction after diet-induced warfarin resistance. *Arch Intern Med.* 1984;144(10):2089–90.

5. Tamakoshi A, Tamakoshi K, Lin Y, Yagyu K, Kikuchi S. Healthy lifestyle and preventable death: findings from the Japan Collaborative Cohort (JACC) Study. *Prev Med.* 2009;48(5):486–92.
6. Hung HC, Joshipura KJ, Jiang R, et al. Fruit and vegetable intake and risk of major chronic disease. *J Natl Cancer Inst.* 2004;96(21):1577–84.
7. Joshipura KJ, Hu FB, Manson JE, et al. The effect of fruit and vegetable intake on risk for coronary heart disease. *Ann Intern Med.* 2001;134(12):1106–14.
8. Joshipura KJ, Ascherio A, Manson JE, et al. Fruit and vegetable intake in relation to risk of ischemic stroke. *JAMA.* 1999;282(13):1233–9.
9. Patent publication number EP 1069819 B1. Method for selective increase of the anticarcinogenic glucosinolates in brassica species. <http://www.google.com/patents/EP1069819B1?cl=en>. July 24, 2002. Accessed April 13, 2015.
10. Archetti M, Dóring TF, Hagen SB, et al. Unravelling the evolution of autumn colours: an interdisciplinary approach. *Trends Ecol Evol (Amst).* 2009;24(3):166–73.
11. Benaron DA, Cheong WF, Stevenson DK. Tissue optics. *Science.* 1997;276(5321):2002–3.
12. Pietrzak M, Halicka HD, Wieczorek Z, Wieczorek J, Darzynkiewicz Z. Attenuation of acridine mutagen ICR-191—DNA interactions and DNA damage by the mutagen interceptor chlorophyllin. *Biophys Chem.* 2008;135(1–3):69–75.
13. Jubert C, Mata J, Bench G, et al. Effects of chlorophyll and chlorophyllin on low-dose aflatoxin B(1) pharmacokinetics in human volunteers. *Cancer Prev Res (Phila).* 2009;2(12):1015–22.
14. Bachem A. Reed CI. The penetration of light through human skin. *Am J Physiol.* 1931;97: 86–91.
15. Benaron DA, Cheong WF, Stevenson DK. Tissue optics. *Science.* 1997;276(5321):2002–3.
16. Xu C, Zhang J, Mihai DM, Washington I. Light-harvesting chlorophyll pigments enable mammalian mitochondria to capture photonic energy and produce ATP. *J Cell Sci.* 2014;127(Pt 2): 388–99.
17. Qu J, Ma L, Zhang J, Jockusch S, Washington I. Dietary chlorophyll metabolites catalyze the photoreduction of plasma ubiquinone. *Photochem Photobiol.* 2013;89(2):310–3.
18. Olsen H, Grimmer S, Aaby K, Saha S, Borge GI. Antiproliferative effects of fresh and thermal processed green and red cultivars of curly kale (*Brassica oleracea* L. convar. *acephala* var. *sabellica*). *J Agric Food Chem.* 2012;60(30):7375–83.
19. De Nicola GR, Bagatta M, Pagnotta E, et al. Comparison of bioactive phytochemical content and release of isothiocyanates in selected brassica sprouts. *Food Chem.* 2013;141(1):297–303.
20. Capaldi ED, Privitera GJ. Decreasing dislike for sour and bitter in children and adults. *Appetite.* 2008;50(1):139–45.
21. Capaldi ED, Privitera GJ. Decreasing dislike for sour and bitter in children and adults. *Appetite.* 2008;50(1):139–45.
22. Sharafi M, Hayes JE, Duff y VB. Masking vegetable bitterness to improve palatability depends on vegetable type and taste phenotype. *Chemosens Percept.* 2013;6(1):8–19.
23. Brown MJ, Ferruzzi MG, Nguyen ML, et al. Carotenoid bioavailability is higher from salads ingested with full-fat than with fat-reduced salad dressings as measured with electrochemical detection. *Am J Clin Nutr.* 2004;80(2):396–403.

24. Unlu NZ, Bohn T, Clinton SK, Schwartz SJ. Carotenoid absorption from salad and salsa by humans is enhanced by the addition of avocado or avocado oil. *J Nutr.* 2005;135(3):431–6.
25. Roodenburg AJ, Leenen R, van het Hof KH, Weststrate JA, Tijburg LB. Amount of fat in the diet affects bioavailability of lutein esters but not of alpha-carotene, beta-carotene, and vitamin E in humans. *Am J Clin Nutr.* 2000;71(5):1187–93.
26. Bongoni R, Verkerk R, Steenbekkers B, Dekker M, Stieger M. Evaluation of different cooking conditions on broccoli (*Brassica oleracea* var. *italica*) to improve the nutritional value and consumer acceptance. *Plant Foods Hum Nutr.* 2014;69(3):228–34.
27. Johnston CS, Steplewska I, Long CA, Harris LN, Ryals RH. Examination of the antiglycemic properties of vinegar in healthy adults. *Ann Nutr Metab.* 2010;56(1):74–9.
28. Johnston CS, Gaas CA. Vinegar: medicinal uses and antiglycemic Effect. *MedGenMed.* 2006; 8(2):61.
29. White AM, Johnston CS. Vinegar ingestion at bedtime moderates waking glucose concentrations in adults with well-controlled type 2 diabetes. *Diabetes Care.* 2007;30(11):2814–5.
30. Johnston CS, White AM, Kent SM. Preliminary evidence that regular vinegar ingestion favorably influences hemoglobin A1c values in individuals with type 2 diabetes mellitus. *Diabetes Res Clin Pract.* 2009;84(2):e15–7.
31. Chung CH. Corrosive oesophageal injury following vinegar ingestion. *Hong Kong Med J.* 2002;8(5):365–6.
32. Lhotta K, Höfle G, Gasser R, Finkenstedt G. Hypokalemia, hyperreninemia and osteoporosis in a patient ingesting large amounts of cider vinegar. *Nephron.* 1998;80(2):242–3.
33. Wu D, Kimura F, Takashima A, et al. Intake of vinegar beverage is associated with restoration of ovulatory function in women with polycystic ovary syndrome. *Tohoku J Exp Med.* 2013;230(1):17–23.
34. Sakakibara S, Murakami R, Takahashi M, et al. Vinegar intake enhances flow-mediated vasodilatation via upregulation of endothelial nitric oxide synthase activity. *Biosci Biotechnol Biochem.* 2010;74(5):1055–61.
35. Kajimoto O, Ohshima Y, Tayama K, Hirata H, Nishimura A, Tsukamoto Y. Hypotensive Effects of drinks containing vinegar on high normal blood pressure and mild hypertensive subjects. *J Nutr Food.* 2003;6:51–68.
36. Takano-Lee M, Edman JD, Mullens BA, Clark JM. Home remedies to control head lice: assessment of home remedies to control the human head louse, *Pediculus humanus capitis* (Anoplura: Pediculidae). *J Pediatr Nurs.* 2004;19(6):393–8.
37. Kondo T, Kishi M, Fushimi T, Ugajin S, Kaga T. Vinegar intake reduces body weight, body fat mass, and serum triglyceride levels in obese Japanese subjects. *Biosci Biotechnol Biochem.* 2009; 73(8):1837–43.
38. Bergquist SA, Gertsson UE, Knuthsen P, Olsson ME. Flavonoids in baby spinach (*Spinacia oleracea* L.): changes during plant growth and storage. *J Agric Food Chem.* 2005;53(24):9459–64.
39. Xiao Z, Lester GE, Luo Y, Wang Q. Assessment of vitamin and carotenoid concentrations of emerging food products: edible microgreens. *J Agric Food Chem.* 2012;60(31):7644–51.
40. Dechet AM, Herman KM, Chen Parker C, et al. Outbreaks caused by sprouts, United States, 1998–2010: lessons learned and solutions needed. *Foodborne Pathog Dis.* 2014;11(8): 635–44.
41. U.S. Food and Drug Administration. Playing it safe with eggs. <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm077342.htm>. Updated March 30, 2015. Accessed April 14, 2015.

Другие овощи

1. Murray CJ, Atkinson C, Bhalla K, et al. The state of US health, 1990–2010: burden of diseases, injuries, and risk factors. *JAMA*. 2013;310(6):591–608.
2. Lim SS, Vos T, Flaxman AD, et al. A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990–2010: a systematic analysis for the Global Burden of Disease Study 2010. *Lancet*. 2012;380(9859):2224–60.
3. O’Hara JK. The \$11 trillion reward: how simple dietary changes can save lives and money, and how we get there. http://www.ucssusa.org/assets/documents/food_and_agriculture/11-trillion-reward.pdf. August 2013. Accessed April 15, 2015.
4. Murakami A, Ohnishi K. Target molecules of food phytochemicals: food science bound for the next dimension. *Food Funct*. 2012;3(5):462–76.
5. Watzl B, Bub A, Brandstetter BR, Rechkemmer G. Modulation of human T-lymphocyte functions by the consumption of carotenoid-rich vegetables. *Br J Nutr*. 1999;82(5):383–9.
6. Willcox JK, Catignani GL, Lazarus S. Tomatoes and cardiovascular health. *Crit Rev Food Sci Nutr*. 2003;43(1):1–18.
7. Dutta-Roy AK, Crosbie L, Gordon MJ. Effects of tomato extract on human platelet aggregation in vitro. *Platelets*. 2001;12(4):218–27.
8. O’Kennedy N, Crosbie L, Whelan S, et al. Effects of tomato extract on platelet function: a double-blinded crossover study in healthy humans. *Am J Clin Nutr*. 2006;84(3):561–9.
9. O’Kennedy N, Crosbie L, van Lieshout M, Broom JI, Webb DJ, Duttaroy AK. Effects of antiplatelet components of tomato extract on platelet function in vitro and ex vivo: a time-course cannulation study in healthy humans. *Am J Clin Nutr*. 2006;84(3):570–9.
10. Fuentes E, Forero-Doria O, Carrasco G, et al. Effect of tomato industrial processing on phenolic profile and antiplatelet activity. *Molecules*. 2013;18(9):11526–36.
11. Nurk E, Refsum H, Drevon CA, et al. Cognitive performance among the elderly in relation to the intake of plant foods. The Hordaland Health Study. *Br J Nutr*. 2010;104(8):1190–201.
12. Putnam J, Alls house J, Kantor LS. U.S. per capita food supply trends: more calories, refined carbohydrates, and fats. *FoodReview*. 2002;25:2–15.
13. Bhupathiraju SN, Tucker KL. Greater variety in fruit and vegetable intake is associated with lower inflammation in Puerto Rican adults. *Am J Clin Nutr*. 2011;93(1):37–46.
14. Cooper AJ, Sharp SJ, Lentjes MA, et al. A prospective study of the association between quantity and variety of fruit and vegetable intake and incident type 2 diabetes. *Diabetes Care*. 2012; 35(6): 1293–300.
15. Lichtenstein AH, Appel LJ, Brands M, et al. Diet and lifestyle recommendations revision 2006: a scientific statement from the American Heart Association Nutrition Committee. *Circulation*. 2006;114(1):82–96.
16. Buchner FL, Bueno-de-Mesquita HB, Ros MM, et al. Variety in fruit and vegetable consumption and the risk of lung cancer in the European prospective investigation into cancer and nutrition. *Cancer Epidemiol Biomarkers Prev*. 2010;19(9):2278–86.
17. Dias JS. Nutritional quality and health benefits of vegetables: a review. *Food and Nutrition Sciences*. 2012;3(10):1354–74.

18. Sillanpää S, Salminen J-P, Eeva T. Breeding success and lutein availability in great tit (*Parus major*). *Acta Oecologica*. 2009;35(6):805–10.
19. Whitehead RD, Coetzee V, Ozakinci G, Perrett DI. Cross-cultural effects of fruit and vegetable consumption on skin color. *Am J Public Health*. 2012;102(2):212–3.
20. Stephen ID, Law Smith MJ, Stirrat MR, Perrett DI. Facial skin coloration affects perceived health of human faces. *Int J Primatol*. 2009;30(6):845–57.
21. Whitehead RD, Re D, Xiao D, Ozakinci G, Perrett DI. You are what you eat: within-subject increases in fruit and vegetable consumption confer beneficial skin-color changes. *PLoS ONE*. 2012;7(3):e32988.
22. Whitehead RD, Ozakinci G, Stephen ID, Perrett DI. Appealing to vanity: could potential appearance improvement motivate fruit and vegetable consumption? *Am J Public Health*. 2012; 102(2):207–11.
23. Nagata C, Nakamura K, Wada K, et al. Association of dietary fat, vegetables and antioxidant micronutrients with skin ageing in Japanese women. *Br J Nutr*. 2010;103(10):1493–8.
24. Greens to be gorgeous: Why eating your five fruit and veg a day makes you sexy. *Daily Mail*. <http://www.dailymail.co.uk/health/article-1228348/Eating-fruit-veg-makes-attractiveopposite-sex.html>. November 17, 2009. Accessed April 14, 2015.
25. Paul BD, Snyder SH. The unusual amino acid L-ergothioneine is a physiologic cytoprotectant. *Cell Death Differ*. 2010;17(7):1134–40.
26. Paul BD, Snyder SH. The unusual amino acid L-ergothioneine is a physiologic cytoprotectant. *Cell Death Differ*. 2010;17(7):1134–40.
27. Berk L, Castle WB. Observations on the etiologic relationship of achylia gastrica to pernicious anemia; activity of vitamin B12 as food, extrinsic factor. *N Engl J Med*. 1948;239(24):911–3.
28. Ey J, Schomig E, Taubert D. Dietary sources and antioxidant effects of ergothioneine. *J Agric Food Chem*. 2007;55(16):6466–74.
29. Nguyen TH, Nagasaka R, Ohshima T. Effects of extraction solvents, cooking procedures and storage conditions on the contents of ergothioneine and phenolic compounds and antioxidative capacity of the cultivated mushroom *Flammulina velutipes*. *Int J Food Sci Tech*. 2012;47(6): 1193–205.
30. Schulzová V, Hajslová J, Peroutka R, Gry J, Andersson HC. Influence of storage and house hold processing on the agaritine content of the cultivated *Agaricus* mushroom. *Food Addit Contam*. 2002;19(9):853–62.
31. Gry J. Mushrooms traded as food. Vol II sec 2. <http://norden.diva-portal.org/smash/get/diva2:733528/FULLTEXT01.pdf>. July 18, 2012. Accessed April 15, 2015.
32. Mitchell SC. Food idiosyncrasies: beetroot and asparagus. *Drug Metab Dispos*. 2001;29(4 Pt 2): 539–43.
33. Donado-Pestana CM, Mastrodi Salgado J, de Oliveira Rios A, dos Santos PR, Jablonski A. Stability of carotenoids, total phenolics and in vitro antioxidant capacity in the thermal processing of orange-fleshed sweet potato (*Ipomoea batatas* Lam) cultivars grown in Brazil. *Plant Foods Hum Nutr*. 2012;67(3):262–70.
34. Padda MS, Picha DH. Phenolic composition and antioxidant capacity of different heatprocessed forms of sweetpotato cv. “Beauregard.” *Int J Food Sci Tech*. 2008;43(8):1404–9.
35. Bovell-Benjamin AC. Sweet potato: a review of its past, present, and future role in human nutrition. *Adv Food Nutr Res*. 2007;52:1–59.

36. Center for Science in the Public Interest. 10 best foods. <http://www.nutritionaction.com/freedownloads/what-to-eat-10-best-foods/>. Accessed April 15, 2015.
37. Wilson CD, Pace RD, Bromfield E, Jones G, Lu JY. Consumer acceptance of vegetarian sweet potato products intended for space missions. *Life Support Biosph Sci.* 1998;5(3):339–46.
38. Drewnowski A. New metrics of affordable nutrition: which vegetables provide most nutrients for least cost? *J Acad Nutr Diet.* 2013;113(9):1182–7.
39. Ameny MA, Wilson PW. Relationship between hunter color values and b-carotene contents in white-fleshed African sweet potatoes (*Ipomoea batatas* Lam). *J Sci Food Agric.* 1997;73: 301–6.
40. Kaspar KL, Park JS, Brown CR, Mathison BD, Navarre DA, Chew BP. Pigmented potato consumption alters oxidative stress and inflammatory damage in men. *J Nutr.* 2011;141(1):108–11.
41. Vinson JA, Demkosky CA, Navarre DA, Smyda MA. High-antioxidant potatoes: acute in vivo antioxidant source and hypotensive agent in humans after supplementation to hypertensive subjects. *J Agric Food Chem.* 2012;60(27):6749–54.
42. Carlsen MH, Halvorsen BL, Holte K, et al. The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. *Nutr J.* 2010;9:3.
43. Vinson JA, Demkosky CA, Navarre DA, Smyda MA. High-antioxidant potatoes: acute in vivo antioxidant source and hypotensive agent in humans after supplementation to hypertensive subjects. *J Agric Food Chem.* 2012;60(27):6749–54.
44. Lim S, Xu J, Kim J, et al. Role of anthocyanin-enriched purple-fleshed sweet potato p40 in colorectal cancer prevention. *Mol Nutr Food Res.* 2013;57(11):1908–17.
45. Olsen A, Ritz C, Kramer L, Möller P. Serving styles of raw snack vegetables. What do children want? *Appetite.* 2012;59(2):556–62.
46. Sesame Workshop. “If Elmo eats broccoli, will kids eat it too?” Atkins Foundation grant to fund further research. https://web.archive.org/web/2013012505947/http://archive.sesameworkshop.org/aboutus/inside_press.php?contentId=15092302. September 20, 2005. Accessed June 30, 2015.
47. Kros W, Paulis WD, van der Wouden JC. Increasing vegetable intake in Mexican-American youth: design and analysis issues. *J Am Diet Assoc.* 2011;111(11):1657.
48. Fisher JO, Mennella JA, Hughes SO, Liu Y, Mendoza PM, Patrick H. Offering “dip” promotes intake of a moderately-liked raw vegetable among preschoolers with genetic sensitivity to bitterness. *J Acad Nutr Diet.* 2012;112(2):235–45.
49. Isoldi KK, Dalton S, Rodriguez DP, Nestle M. Classroom “cupcake” celebrations: observations of foods offered and consumed. *J Nutr Educ Behav.* 2012;44(1):71–5.
50. Wansink B, Just DR, Payne CR, Klinger MZ. Attractive names sustain increased vegetable intake in schools. *Prev Med.* 2012;55(4):330–2.
51. Wansink B, van Ittersum K, Painter JE. How descriptive food names bias sensory perceptions in restaurants. *Food Qual Prefer.* 2005;16(5):393–400.
52. Wansink B, Just DR, Payne CR, Klinger MZ. Attractive names sustain increased vegetable intake in schools. *Prev Med.* 2012;55(4):330–2.
53. Wansink B, Just DR, Payne CR, Klinger MZ. Attractive names sustain increased vegetable intake in schools. *Prev Med.* 2012;55(4):330–2.

54. Spill MK, Birch LL, Roe LS, Rolls BJ. Hiding vegetables to reduce energy density: an effective strategy to increase children's vegetable intake and reduce energy intake. *Am J Clin Nutr.* 2011; 94(3):735–41.
55. Blatt AD, Roe LS, Rolls BJ. Hidden vegetables: an effective strategy to reduce energy intake and increase vegetable intake in adults. *Am J Clin Nutr.* 2011;93(4):756–63.
56. Vereecken C, Rovner A, Maes L. Associations of parenting styles, parental feeding practices and child characteristics with young children's fruit and vegetable consumption. *Appetite.* 2010; 55(3):589–96.
57. World Cancer Research Fund/American Institute for Cancer Research. Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective. Washington, D.C.: AICR, 2007.
58. Annema N, Heyworth JS, McNaughton SA, Iacopetta B, Fritschi L. Fruit and vegetable consumption and the risk of proximal colon, distal colon, and rectal cancers in a case-control study in Western Australia. *J Am Diet Assoc.* 2011;111(10):1479–90.
59. Boivin D, Lamy S, Lord-Dufour S, et al. Antiproliferative and antioxidant activities of common vegetables: a comparative study. *Food Chem.* 2009;112:374–80.
60. Boivin D, Lamy S, Lord-Dufour S, et al. Antiproliferative and antioxidant activities of common vegetables: a comparative study. *Food Chem.* 2009;112:374–80.
61. Boivin D, Lamy S, Lord-Dufour S, et al. Antiproliferative and antioxidant activities of common vegetables: a comparative study. *Food Chem.* 2009;112:374–80.
62. Boivin D, Lamy S, Lord-Dufour S, et al. Antiproliferative and antioxidant activities of common vegetables: a comparative study. *Food Chem.* 2009;112:374–80.
63. Boivin D, Lamy S, Lord-Dufour S, et al. Antiproliferative and antioxidant activities of common vegetables: a comparative study. *Food Chem.* 2009;112:374–80.
64. Abdull Razis AF, Noor NM. Cruciferous vegetables: dietary phytochemicals for cancer prevention. *Asian Pac J Cancer Prev.* 2013;14(3):1565–70.
65. Nicastro HL, Ross SA, Milner JA. Garlic and onions: their cancer prevention properties. *Cancer Prev Res (Phila).* 2015;8(3):181–9.
66. Oude Griep LM, Geleijnse JM, Kromhout D, Ocké MC, Verschuren WM. Raw and processed fruit and vegetable consumption and 10-year coronary heart disease incidence in a populationbased cohort study in the Netherlands. *PLoS ONE.* 2010;5(10):e13609.
67. Gliszczynska-Swiglo A, Ciska E, Pawlak-Lemańska K, Chmielewski J, Borkowski T, Tyrakowska B. Changes in the content of health-promoting compounds and antioxidant activity of broccoli after domestic processing. *Food Addit Contam.* 2006;23(11):1088–98.
68. Ghavami A, Coward WA, Bluck LJ. The effect of food preparation on the bioavailability of carotenoids from carrots using intrinsic labelling. *Br J Nutr.* 2012;107(9):1350–66.
69. Garcia AL, Koebnick C, Dagnelie PC, et al. Long-term strict raw food diet is associated with favourable plasma beta-carotene and low plasma lycopene concentrations in Germans. *Br J Nutr.* 2008;99(6):1293–300.
70. Bohm V, Bitsch R. Intestinal absorption of lycopene from different matrices and interactions to other carotenoids, the lipid status, and the antioxidant capacity of human plasma. *Eur J Nutr.* 1999;38:118–25.
71. Kahlon TS, Chiu MM, Chapman MH. Steam cooking significantly improves in vitro bile acid binding of collard greens, kale, mustard greens, broccoli, green bell pepper and cabbage. *Nutr Res.* 2008;28:351–7.

72. Javitt NB, Budai K, Miller DG, Cahan AC, Raju U, Levitz M. Breast-gut connection: origin of chenodeoxycholic acid in breast cyst fluid. *Lancet*. 1994;343(8898):633–5.
73. Stott-Miller M, Neuhouser ML, Stanford JL. Consumption of deep-fried foods and risk of prostate cancer. *Prostate*. 2013;73(9):960–9.
74. Chen MJ, Hsu HT, Lin CL, Ju WY. A statistical regression model for the estimation of acrylamide concentrations in French fries for excess lifetime cancer risk assessment. *Food Chem Toxicol*. 2012;50(10):3867–76.
75. Lineback DR, Coughlin JR, Stadler RH. Acrylamide in foods: a review of the science and future considerations. *Annu Rev Food Sci Technol*. 2012;3:15–35.
76. Jiménez-Monreal AM, García-Díz L, Martínez-Tomé M, Mariscal M, Murcia MA. Influence of cooking methods on antioxidant activity of vegetables. *J Food Sci*. 2009;74(3):H97– H103.
77. Jiménez-Monreal AM, García-Díz L, Martínez-Tomé M, Mariscal M, Murcia MA. Influence of cooking methods on antioxidant activity of vegetables. *J Food Sci*. 2009;74(3):H97– H103.
78. Jiménez-Monreal AM, García-Díz L, Martínez-Tomé M, Mariscal M, Murcia MA. Influence of cooking methods on antioxidant activity of vegetables. *J Food Sci*. 2009;74(3):H97– H103.
79. Barański M, Srednicka-Tober D, Volakakis N, et al. Higher antioxidant and lower cadmium concentrations and lower incidence of pesticide residues in organically grown crops: a systematic literature review and meta-analyses. *Br J Nutr*. 2014;112(5):794–811.
80. Krol WJ. Removal of trace pesticide residues from produce. Connecticut Agricultural Experiment Station. <http://www.ct.gov/caes/cwp/view.asp?a=2815&q=376676>. June 28, 2012. Accessed April 16, 2015.
81. Krieger RI, Brutsche-Keiper P, Crosby HR, Krieger AD. Reduction of pesticide residues of fruit using water only or Plus Fit Fruit and Vegetable Wash. *Bull Environ Contam Toxicol*. 2003; 70(2):213–8.
82. Krol WJ, Arsenault TL, Pylypiw HM, Incorvia Mattina MJ. Reduction of pesticide residues on produce by rinsing. *J Agric Food Chem*. 2000;48(10):4666–70.
83. Wang Z, Huang J, Chen J, Li F. Effectiveness of dishwashing liquids in removing chlorothalonil and chlorpyrifos residues from cherry tomatoes. *Chemosphere*. 2013;92(8):1022–8.
84. Zohair A. Behaviour of some organophosphorus and organochlorine pesticides in potatoes during soaking in different solutions. *Food Chem Toxicol*. 2001;39(7):751–5.
85. Zhang ZY, Liu XJ, Hong XY. Effects of home preparation on pesticide residues in cabbage. *Food Control*. 2007;18(12):1484–7.
86. Zohair A. Behaviour of some organophosphorus and organochlorine pesticides in potatoes during soaking in different solutions. *Food Chem Toxicol*. 2001;39(7):751–5.
87. U.S. Department of Agriculture. Organic Agriculture. <http://www.usda.gov/wps/portal/usda/usdahome?contentidonly=true&contentid=organic-agriculture.html>. Modified January 9, 2015. Accessed March 30, 2015.
88. Monette M. The science of pesticide-free potato chips. *CMAJ*. 2012;184(14):E741–2.
89. Smith-Spangler C, Brandeau ML, Hunter GE, et al. Are organic foods safer or healthier than conventional alternatives?: a systematic review. *Ann Intern Med*. 2012;157(5):348–66.

90. Barański M, Srednicka-Tober D, Volakakis N, et al. Higher antioxidant and lower cadmium concentrations and lower incidence of pesticide residues in organically grown crops: a systematic literature review and meta-analyses. *Br J Nutr.* 2014;112(5):794–811.
91. Forman J, Silverstein J. Organic foods: health and environmental advantages and disadvantages. *Pediatrics.* 2012;130(5):e1406–15.
92. Barański M, Srednicka-Tober D, Volakakis N, et al. Higher antioxidant and lower cadmium concentrations and lower incidence of pesticide residues in organically grown crops: a systematic literature review and meta-analyses. *Br J Nutr.* 2014;112(5):794–811.
93. Lindén A, Andersson K, Oskarsson A. Cadmium in organic and conventional pig production. *Arch Environ Contam Toxicol.* 2001;40(3):425–31.
94. Lee WCJ, Shimizu M, Kniffin KM, Wansink B. You taste what you see: do organic labels bias taste perceptions? *Food Qual Prefer.* 2013;29(1):33–9.
95. Williams PR, Hammitt JK. Perceived risks of conventional and organic produce: pesticides, pathogens, and natural toxins. *Risk Anal.* 2001;21(2):319–30.
96. Hammitt JK. Risk perceptions and food choice: an exploratory analysis of organic-versus conventional-produce buyers. *Risk Anal.* 1990;10(3):367–74.
97. Reiss R, Johnston J, Tucker K, Desesso JM, Keen CL. Estimation of cancer risks and benefits associated with a potential increased consumption of fruits and vegetables. *Food Chem Toxicol.* 2012;50(12):4421–7.
98. Winter CK. Pesticide residues in imported, organic, and “suspect” fruits and vegetables. *J Agric Food Chem.* 2012;60(18):4425–9.

Льняное семя

1. Singh KK, Mridula D, Rehal J, Barnwal P. Flaxseed: a potential source of food, feed and fiber. *Crit Rev Food Sci Nutr.* 2011;51(3):210–22.
2. Hyvärinen HK, Pihlava JM, Hiidenhovi JA, Hietaniemi V, Korhonen HJ, Ryhänen EL. Effect of processing and storage on the stability of flaxseed lignan added to bakery products. *J Agric Food Chem.* 2006;54(1):48–53.
3. Cunnane SC, Hamadeh MJ, Liede AC, Thompson LU, Wolever TM, Jenkins DJ. Nutritional attributes of traditional flaxseed in healthy young adults. *Am J Clin Nutr.* 1995;61(1):62–8.
4. Davidi A, Reynolds J, Njike VY, Ma Y, Doughty K, Katz DL. The effect of the addition of daily fruit and nut bars to diet on weight, and cardiac risk profile, in overweight adults. *J Hum Nutr Diet.* 2011;24(6):543–51.
5. Chai SC, Hooshmand S, Saadat RL, Payton ME, Brummel-Smith K, Arjmandi BH. Daily apple versus dried plum: impact on cardiovascular disease risk factors in postmenopausal women. *J Acad Nutr Diet.* 2012;112(8):1158–68.
6. Peterson JM, Montgomery S, Haddad E, Kearney L, Tonstad S. Effect of consumption of dried California mission figs on lipid concentrations. *Ann Nutr Metab.* 2011;58(3):232–8.
7. Chai SC, Hooshmand S, Saadat RL, Payton ME, Brummel-Smith K, Arjmandi BH. Daily apple versus dried plum: impact on cardiovascular disease risk factors in postmenopausal women. *J Acad Nutr Diet.* 2012;112(8):1158–68.

8. Puglisi MJ, Vaishnav U, Shrestha S, et al. Raisins and additional walking have distinct effects on plasma lipids and inflammatory cytokines. *Lipids Health Dis.* 2008;7:14.
9. Chai SC, Hooshmand S, Saadat RL, Arjmandi BH. Daily apple consumption promotes cardiovascular health in postmenopausal women. *The FASEB Journal.* 2011;25:971.10.
10. Keast DR, O’Neil CE, Jones JM. Dried fruit consumption is associated with improved diet quality and reduced obesity in US adults: National Health and Nutrition Examination Survey, 1999–2004. *Nutr Res.* 2011;31(6):460–7.
11. Edel AL, Rodriguez-Leyva D, Maddaford TG, et al. Dietary flaxseed independently lowers circulating cholesterol and lowers it beyond the effects of cholesterol-lowering medications alone in patients with peripheral artery disease. *J Nutr.* 2015;145(4):749–57.

Орехи и семена

1. Fraser GE, Shavlik DJ. Ten years of life: is it a matter of choice? *Arch Intern Med.* 2001; 161(13):1645–52.
2. Lim SS, Vos T, Flaxman AD, et al. A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990–2010: a systematic analysis for the Global Burden of Disease Study 2010. *Lancet.* 2012;380(9859):2224–60.
3. U.S. Department of Agriculture. Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods—2007. http://www.orac-info-portal.de/download/ORAC_R2.pdf. November 2007. Accessed April 10, 2015.
4. Ros E, Mataix J. Fatty acid composition of nuts—implications for cardiovascular health. *Br J Nutr.* 2006;96 Suppl 2:S29–35.
5. Yang J, Liu RH, Halim L. Antioxidant and antiproliferative activities of common edible nut seeds. *Food Sci Tech.* 2009;42(1):1–8.
6. Bao Y, Han J, Hu FB, et al. Association of nut consumption with total and cause-specific mortality. *N Engl J Med.* 2013;369(21):2001–11.
7. Luu HN, Blot WJ, Xiang YB, et al. Prospective evaluation of the association of nut/peanut consumption with total and cause-specific mortality. *JAMA Intern Med.* 2015;175(5):755–66.
8. Fernández-Montero A, Bes-Rastrollo M, Barrio-López MT, et al. Nut consumption and 5-y all-cause mortality in a Mediterranean cohort: the SUN project. *Nutrition.* 2014;30(9): 1022–7.
9. Estruch R, Ros E, Salas-Salvadó J, et al. Primary prevention of cardiovascular disease with a Mediterranean diet. *N Engl J Med.* 2013;368(14):1279–90.
10. Supplement to: Estruch R, Ros E, Salas-Salvadó J, et al. Primary prevention of cardiovascular disease with a Mediterranean diet. *N Engl J Med* 2013;368:1279–90. DOI: 10.1056/NEJMoa1200303.
11. Estruch R, Ros E, Salas-Salvadó J, et al. Primary prevention of cardiovascular disease with a Mediterranean diet. *N Engl J Med.* 2013;368(14):1279–90.
12. Guasch-Ferré M, Bulló M, Martínez-González MA, et al. Frequency of nut consumption and mortality risk in the PREDIMED nutrition intervention trial. *BMC Med.* 2013;11:164.
13. Guasch-Ferré M, Hu FB, Martínez-González MA, et al. Olive oil intake and risk of cardiovascular disease and mortality in the PREDIMED Study. *BMC Med.* 2014;12:78.
14. Keys A. Olive oil and coronary heart disease. *Lancet.* 1987;1(8539):983–4.

15. Guasch-Ferré M, Bulló M, Martínez-González MA, et al. Frequency of nut consumption and mortality risk in the PREDIMED nutrition intervention trial. *BMC Med.* 2013;11:164.
16. Toner CD. Communicating clinical research to reduce cancer risk through diet: walnuts as a case example. *Nutr Res Pract.* 2014;8(4):347–51.
17. Li TY, Brennan AM, Wedick NM, Mantzoros C, Rifai N, Hu FB. Regular consumption of nuts is associated with a lower risk of cardiovascular disease in women with type 2 diabetes. *J Nutr.* 2009;139(7):1333–8.
18. Su X, Tamimi RM, Collins LC, et al. Intake of fiber and nuts during adolescence and incidence of proliferative benign breast disease. *Cancer Causes Control.* 2010;21(7):1033–46.
19. Natoli S, McCoy P. A review of the evidence: nuts and body weight. *Asia Pac J Clin Nutr.* 2007;16(4):588–97.
20. Martínez-González MA, Bes-Rastrollo M. Nut consumption, weight gain and obesity: Epidemiological evidence. *Nutr Metab Cardiovasc Dis.* 2011;21 Suppl 1:S40–5.
21. Wang X, Li Z, Liu Y, Lv X, Yang W. Effects of pistachios on body weight in Chinese subjects with metabolic syndrome. *Nutr J.* 2012;11:20.
22. Painter, J. The pistachio principle: calorie reduction without calorie restriction. *Weight Management Matters.* 2008;6:8.
23. Murakami K, Sasaki S, Takahashi Y, et al. Hardness (difficulty of chewing) of the habitual diet in relation to body mass index and waist circumference in free-living Japanese women aged 18–22 y. *Am J Clin Nutr.* 2007;86(1):206–13.
24. McKiernan F, Lokko P, Kuevi A, et al. Effects of peanut processing on body weight and fasting plasma lipids. *Br J Nutr.* 2010;104(3):418–26.
25. Brennan AM, Sweeney LL, Liu X, Mantzoros CS. Walnut consumption increases satiation but has no effect on insulin resistance or the metabolic profile over a 4-day period. *Obesity (Silver Spring).* 2010;18(6):1176–82.
26. Mattes RD, Kris-Etherton PM, Foster GD. Impact of peanuts and tree nuts on body weight and healthy weight loss in adults. *J Nutr.* 2008;138(9):1741S–5S.
27. Tapsell L, Batterham M, Tan SY, Warensjö E. The Effect of a calorie controlled diet containing walnuts on substrate oxidation during 8-hours in a room calorimeter. *J Am Coll Nutr.* 2009; 28(5):611–7.
28. Chiurlia E, D’Amico R, Ratti C, Granata AR, Romagnoli R, Modena MG. Subclinical coronary artery atherosclerosis in patients with erectile dysfunction. *J Am Coll Cardiol.* 2005;46(8): 1503–6.
29. Montorsi P, Ravagnani PM, Galli S, et al. The artery size hypothesis: a macrovascular link between erectile dysfunction and coronary artery disease. *Am J Cardiol.* 2005;96(12B): 19M–23M.
30. Montorsi P, Montorsi F, Schulman CC. Is erectile dysfunction the “tip of the iceberg” of a systemic vascular disorder? *Eur Urol.* 2003;44(3):352–4.
31. Montorsi F, Brigandt A, Salonia A, et al. Erectile dysfunction prevalence, time of onset and association with risk factors in 300 consecutive patients with acute chest pain and angiographically documented coronary artery disease. *Eur Urol.* 2003;44(3):360–4.
32. Montorsi P, Ravagnani PM, Galli S, et al. The artery size hypothesis: a macrovascular link between erectile dysfunction and coronary artery disease. *Am J Cardiol.* 2005;96(12B):19M–23M.

33. Meldrum DR, Gambone JC, Morris MA, Meldrum DA, Esposito K, Ignarro LJ. The link between erectile and cardiovascular health: the canary in the coal mine. *Am J Cardiol.* 2011; 108(4): 599–606.
34. Corona G, Fagioli G, Mannucci E, et al. Penile doppler ultrasound in patients with erectile dysfunction (ED): role of peak systolic velocity measured in the flaccid state in predicting arteriogenic ED and silent coronary artery disease. *J Sex Med.* 2008;5(11):2623–34.
35. Schwartz BG, Kloner RA. How to save a life during a clinic visit for erectile dysfunction by modifying cardiovascular risk factors. *Int J Impot Res.* 2009;21(6):327–35.
36. Inman BA, Sauver JL, Jacobson DJ, et al. A population-based, longitudinal study of erectile dysfunction and future coronary artery disease. *Mayo Clin Proc.* 2009;84(2):108–13.
37. Jackson G. Erectile dysfunction and coronary disease: evaluating the link. *Maturitas.* 2012; 72(3):263–4.
38. Fung MM, Bettencourt R, Barrett-Connor E. Heart disease risk factors predict erectile dysfunction 25 years later: the Rancho Bernardo Study. *J Am Coll Cardiol.* 2004;43(8):1405–11.
39. Gupta BP, Murad MH, Clifton MM, Prokop L, Nehra A, Kopecky SL. The Effect of lifestyle modification and cardiovascular risk factor reduction on erectile dysfunction: a systematic review and meta-analysis. *Arch Intern Med.* 2011;171(20):1797–803.
40. Jackson G. Problem solved: erectile dysfunction (ED)=early death (ED). *Int J Clin Pract.* 2010;64(7):831–2.
41. Aldemir M, Okulu E, Neşelioglu S, Erel O, Kaygil O. Pistachio diet improves erectile function parameters and serum lipid profiles in patients with erectile dysfunction. *Int J Impot Res.* 2011; 23(1):32–8.
42. Esposito K, Ciotola M, Maiorino MI, et al. Hyperlipidemia and sexual function in premenopausal women. *J Sex Med.* 2009;6(6):1696–703.
43. Baer HJ, Glynn RJ, Hu FB, et al. Risk factors for mortality in the Nurses' Health Study: a competing risks analysis. *Am J Epidemiol.* 2011;173(3):319–29.
44. Ros E, Hu FB. Consumption of plant seeds and cardiovascular health: epidemiological and clinical trial evidence. *Circulation.* 2013;128(5):553–65.
45. Strate LL, Liu YL, Syngal S, Aldoori WH, Giovannucci EL. Nut, corn, and popcorn consumption and the incidence of diverticular disease. *JAMA.* 2008;300(8):907–14.

Пряности и специи

1. Srinivasan K. Antioxidant potential of spices and their active constituents. *Crit Rev Food Sci Nutr.* 2014;54(3):352–72.
2. Carlsen MH, Halvorsen BL, Holte K, et al. The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. *Nutr J.* 2010;9:3.
3. Tapsell LC, Hemphill I, Cobiac L, et al. Health benefits of herbs and spices: the past, the present, the future. *Med J Aust.* 2006;185(4 Suppl):S4–24.
4. Shishodia S, Sethi G, Aggarwal BB. Curcumin: getting back to the roots. *Ann NY Acad Sci.* 2005;1056:206–17.
5. Gupta SC, Patchva S, Aggarwal BB. Therapeutic roles of curcumin: lessons learned from clinical trials. *AAPS J.* 2013;15(1):195–218.

6. Agarwal KA, Tripathi CD, Agarwal BB, Saluja S. Efficacy of turmeric (curcumin) in pain and postoperative fatigue after laparoscopic cholecystectomy: a double-blind, randomized placebocontrolled study. *Surg Endosc.* 2011;25(12):3805–10.
7. Chandran B, Goel A. A randomized, pilot study to assess the efficacy and safety of curcumin in patients with active rheumatoid arthritis. *Phytother Res.* 2012;26(11):1719–25.
8. Kuptniratsaikul V, Dajpratham P, Taechaarpornkul W, et al. Efficacy and safety of Curcuma domestica extracts compared with ibuprofen in patients with knee osteoarthritis: a multicenter study. *Clin Interv Aging.* 2014;9:451–8.
9. Khajehdehi P, Zanjaninejad B, Afkaki E, et al. Oral supplementation of turmeric decreases proteinuria, hematuria, and systolic blood pressure in patients suffering from relapsing or refractory lupus nephritis: a randomized and placebo-controlled study. *J Ren Nutr.* 2012;22(1):50–7.
10. Vecchi Brumatti L, Marcuzzi A, Tricarico PM, Zanin V, Girardelli M, Bianco AM. Curcumin and inflammatory bowel disease: potential and limits of innovative treatments. *Molecules.* 2014;19(12):21127–53.
11. Lang A, Salomon N, Wu JC, et al. Curcumin in combination with mesalamine induces remission in patients with mild-to-moderate ulcerative colitis in a randomized controlled trial. *Clin Gastroenterol Hepatol.* 2015;13(8):1444–49.e1.
12. Percival SS, Vanden Heuvel JP, Nieves CJ, Montero C, Migliaccio AJ, Meadors J. Bioavailability of herbs and spices in humans as determined by ex vivo inflammatory suppression and DNA strand breaks. *J Am Coll Nutr.* 2012;31(4):288–94.
13. Gupta SC, Sung B, Kim JH, Prasad S, Li S, Aggarwal BB. Multitargeting by turmeric, the golden spice: from kitchen to clinic. *Mol Nutr Food Res.* 2013;57(9):1510–28.
14. Siruguri V, Bhat RV. Assessing intake of spices by pattern of spice use, frequency of consumption and portion size of spices consumed from routinely prepared dishes in southern India. *Nutr J.* 2015;14:7.
15. Gilani AH, Rahman AU. Trends in ethnopharmacology. *J Ethnopharmacol.* 2005;100 (1–2):43–9.
16. Newman DJ, Cragg GM. Natural products as sources of new drugs over the last 25 years. *J Nat Prod.* 2007;70(3):461–77.
17. Atal CK, Dubey RK, Singh J. Biochemical basis of enhanced drug bioavailability by piperine: evidence that piperine is a potent inhibitor of drug metabolism. *J Pharmacol Exp Ther.* 1985; 232(1):258–62.
18. Shoba G, Joy D, Joseph T, Majeed M, Rajendran R, Srinivas PS. Influence of piperine on the pharmacokinetics of curcumin in animals and human volunteers. *Planta Med.* 1998;64(4): 353–6.
19. Anand P, Kunnumakkara AB, Newman RA, Aggarwal BB. Bioavailability of curcumin: problems and promises. *Mol Pharm.* 2007;4(6):807–18.
20. Anand P, Kunnumakkara AB, Newman RA, Aggarwal BB. Bioavailability of curcumin: problems and promises. *Mol Pharm.* 2007;4(6):807–18.
21. Jacobson MS. Cholesterol oxides in Indian ghee: possible cause of unexplained high risk of atherosclerosis in Indian immigrant populations. *Lancet.* 1987;2(8560):656–8.
22. Percival SS, Vanden Heuvel JP, Nieves CJ, Montero C, Migliaccio AJ, Meadors J. Bioavailability of herbs and spices in humans as determined by ex vivo inflammatory suppression and DNA strand breaks. *J Am Coll Nutr.* 2012;31(4):288–94.

23. Arjmandi BH, Khalil DA, Lucas EA, et al. Soy protein may alleviate osteoarthritis symptoms. *Phytomedicine*. 2004;11(7–8):567–75.
24. Agarwal KA, Tripathi CD, Agarwal BB, Saluja S. Efficacy of turmeric (curcumin) in pain and postoperative fatigue after laparoscopic cholecystectomy: a double-blind, randomized placebocontrolled study. *Surg Endosc*. 2011;25(12):3805–10.
25. Aggarwal BB, Yuan W, Li S, Gupta SC. Curcumin-free turmeric exhibits anti-inflammatory and anticancer activities: identification of novel components of turmeric. *Mol Nutr Food Res*. 2013;57(9):1529–42.
26. Kim JH, Gupta SC, Park B, Yadav VR, Aggarwal BB. Turmeric (*Curcuma longa*) inhibits inflammatory nuclear factor (NF)-κB and NF-κB-regulated gene products and induces death receptors leading to suppressed proliferation, induced chemosensitization, and suppressed osteoclastogenesis. *Mol Nutr Food Res*. 2012;56(3):454–65.
27. Aggarwal BB, Yuan W, Li S, Gupta SC. Curcumin-free turmeric exhibits anti-inflammatory and anticancer activities: identification of novel components of turmeric. *Mol Nutr Food Res*. 2013;57(9):1529–42.
28. Bengmark S, Mesa MD, Gil A. Plant-derived health: the Effects of turmeric and curcuminoids. *Nutr Hosp*. 2009;24(3):273–81.
29. Cao J, Jia L, Zhou HM, Liu Y, Zhong LF. Mitochondrial and nuclear DNA damage induced by curcumin in human hepatoma G2 cells. *Toxicol Sci*. 2006;91(2):476–83.
30. Turmeric and curcumin supplements and spices. <https://www.consumerlab.com/reviews/turmeric-curcumin-supplements-spice-review/turmeric/>. March 3, 2015. Accessed April 17, 2015.
31. Rasyid A, Lelo A. The effect of curcumin and placebo on human gall-bladder function: an ultrasound study. *Aliment Pharmacol Ther*. 1999;13(2):245–9.
32. Rasyid A, Rahman AR, Jaalam K, Lelo A. Effect of different curcumin dosages on human gall bladder. *Asia Pac J Clin Nutr*. 2002;11(4):314–8.
33. Asher GN, Spelman K. Clinical utility of curcumin extract. *Altern Ther Health Med*. 2013; 19(2):20–2.
34. Goel A, Kunnumakkara AB, Aggarwal BB. Curcumin as “curecumin”: from kitchen to clinic. *Biochem Pharmacol*. 2008;75(4):787–809.
35. Ghosh Das S, Savage GP. Total and soluble oxalate content of some Indian spices. *Plant Foods Hum Nutr*. 2012;67(2):186–90.
36. Asher GN, Spelman K. Clinical utility of curcumin extract. *Altern Ther Health Med*. 2013; 19(2):20–2.
37. Poole C, Bushey B, Foster C, et al. The effects of a commercially available botanical supplement on strength, body composition, power output, and hormonal profiles in resistance-trained males. *J Int Soc Sports Nutr*. 2010;7:34.
38. Shabbeer S, Sobolewski M, Anchoori RK, et al. Fenugreek: a naturally occurring edible spice as an anticancer agent. *Cancer Biol Ther*. 2009;8(3):272–8.
39. Mebazaa R, Rega B, Camel V. Analysis of human male armpit sweat after fenugreek ingestion: characterisation of odour active compounds by gas chromatography coupled to mass spectrometry and olfactometry. *Food Chem*. 2011;128(1):227–35.

40. Korman SH, Cohen E, Preminger A. Pseudo-maple syrup urine disease due to maternal prenatal ingestion of fenugreek. *J Paediatr Child Health*. 2001;37(4):403–4.
41. Marsh TL, Arriola PE. The science of salsa: antimicrobial properties of salsa components to learn scientific methodology. *J Microbiol Biol Educ*. 2009;10(1):3–8.
42. Mauer L, El-Sohemy A. Prevalence of cilantro (*Coriandrum sativum*) disliking among different ethnocultural groups. *Flavour*. 2012;1:8.
43. Eriksson N, Wu S, Do CB, et al. A genetic variant near olfactory receptor genes influences cilantro preference. *Flavour*. 2012;1:22.
44. Knaapila A, Hwang LD, Lysenko A, et al. Genetic analysis of chemosensory traits in human twins. *Chem Senses*. 2012;37(9):869–81.
45. Eriksson N, Wu S, Do CB, et al. A genetic variant near olfactory receptor genes influences cilantro preference. *Flavour*. 2012;1:22.
46. Sahib NG, Anwar F, Gilani AH, Hamid AA, Saari N, Alkharfy KM. Coriander (*Coriandrum sativum* L.): a potential source of high-value components for functional foods and nutraceuticals—a review. *Phytother Res*. 2013;27(10):1439–56.
47. Rajeshwari CU, Siri S, Andallu B. Antioxidant and antiarthritic potential of coriander (*Coriandrum sativum* L.) leaves. *e-SPEN J*. 2012;7(6):e223–8.
48. Geppetti P, Fusco BM, Marabini S, Maggi CA, Fanciullacci M, Sicuteli F. Secretion, pain and sneezing induced by the application of capsaicin to the nasal mucosa in man. *Br J Pharmacol*. 1988;93(3):509–14.
49. Nesbitt AD, Goadsby PJ. Cluster headache. *BMJ*. 2012;344:e2407.
50. Fusco BM, Marabini S, Maggi CA, Fiore G, Geppetti P. Preventative effect of repeated nasal applications of capsaicin in cluster headache. *Pain*. 1994;59(3):321–5.
51. Nozu T, Kudaira M. Altered rectal sensory response induced by balloon distention in patients with functional abdominal pain syndrome. *Biopsychosoc Med*. 2009;3:13.
52. Bortolotti M, Porta S. Effect of red pepper on symptoms of irritable bowel syndrome: preliminary study. *Dig Dis Sci*. 2011;56(11):3288–95.
53. Bortolotti M, Coccia G, Grossi G. Red pepper and functional dyspepsia. *N Engl J Med*. 2002;346(12):947–8.
54. Hennessy S, Leonard CE, Newcomb C, Kimmel SE, Bilker WB. Cisapride and ventricular arrhythmia. *Br J Clin Pharmacol*. 2008;66(3):375–85.
55. Mustafa T, Srivastava KC. Ginger (*Zingiber officinale*) in migraine headache. *J Ethnopharmacol*. 1990;29(3):267–73.
56. Gottlieb MS. Discovering AIDS. *Epidemiology*. 1998;9(4):365–7.
57. Ghofrani HA, Osterloh IH, Grimmerger F. Sildenafil: from angina to erectile dysfunction to pulmonary hypertension and beyond. *Nat Rev Drug Discov*. 2006;5(8):689–702.
58. Vandebroucke JP. In defense of case reports and case series. *Ann Intern Med*. 2001;134(4): 330–4.
59. Maghbooli M, Golipour F, Moghimi Esfandabadi A, Yousefi M. Comparison between the efficacy of ginger and sumatriptan in the ablative treatment of the common migraine. *Phytother Res*. 2014;28(3):412–5.

60. Desai HG, Kalro RH, Choksi AP. Effect of ginger & garlic on DNA content of gastric aspirate. *Indian J Med Res.* 1990;92:139–41.
61. Wasson S, Jayam VK. Coronary vasospasm and myocardial infarction induced by oral sumatriptan. *Clin Neuropharmacol.* 2004;27(4):198–200.
62. Laine K, Raasakka T, Mantynen J, Saukko P. Fatal cardiac arrhythmia after oral sumatriptan. *Headache.* 1999;39(7):511–2.
63. Maghbooli M, Golipour F, Moghimi Esfandabadi A, Yousefi M. Comparison between the efficacy of ginger and sumatriptan in the ablative treatment of the common migraine. *Phytother Res.* 2014;28(3):412–5.
64. Coco AS. Primary dysmenorrhea. *Am Fam Physician.* 1999;60(2):489–96.
65. Kashefi F, Khajehei M, Tabatabaeihehr M, Alavinia M, Asili J. Comparison of the effect of ginger and zinc sulfate on primary dysmenorrhea: a placebo-controlled randomized trial. *Pain Manag Nurs.* 2014;15(4):826–33.
66. Rahnama P, Montazeri A, Huseini HF, Kianbakht S, Naseri M. Effect of Zingiber officinale R. rhizomes (ginger) on pain relief in primary dysmenorrhea: a placebo randomized trial. *BMC Complement Altern Med.* 2012;12:92.
67. Ozgoli G, Goli M, Moattar F. Comparison of effects of ginger, mefenamic acid, and ibuprofen on pain in women with primary dysmenorrhea. *J Altern Complement Med.* 2009;15(2): 129–32.
68. Kashefi F, Khajehei M, Alavinia M, Golmakani E, Asili J. Effect of ginger (*Zingiber officinale*) on heavy menstrual bleeding: a placebo-controlled, randomized clinical trial. *Phytother Res.* 2015;29(1):114–9.
69. Khayat S, Kheirkhah M, Behboodi Moghadam Z, Fanaei H, Kasaeian A, Javadimehr M. Effect of treatment with ginger on the severity of premenstrual syndrome symptoms. *ISRN Obstet Gynecol.* 2014;2014:792708.
70. Mowrey DB, Clayson DE. Motion sickness, ginger, and psychophysics. *Lancet.* 1982;1(8273): 655–7.
71. Palatty PL, Haniadka R, Valder B, Arora R, Baliga MS. Ginger in the prevention of nausea and vomiting: a review. *Crit Rev Food Sci Nutr.* 2013;53(7):659–69.
72. Ding M, Leach M, Bradley H. The effectiveness and safety of ginger for pregnancy-induced nausea and vomiting: a systematic review. *Women Birth.* 2013;26(1):e26–30.
73. Carlsen MH, Halvorsen BL, Holte K, et al. The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. *Nutr J.* 2010;9:3.
74. American Thyroid Association Taskforce on Radioiodine Safety, Sisson JC, Freitas J, et al. Radiation safety in the treatment of patients with thyroid diseases by radioiodine 131I: practice recommendations of the American Thyroid Association. *Thyroid.* 2011;21(4):335–46.
75. Metso S, Auvinen A, Huhtala H, Salmi J, Oksala H, Jaatinen P. Increased cancer incidence after radioiodine treatment for hyperthyroidism. *Cancer.* 2007;109(10):1972–9.
76. Arami S, Ahmadi A, Haeri SA. The radioprotective effects of *Origanum vulgare* extract against genotoxicity induced by (131)I in human blood lymphocyte. *Cancer Biother Radiopharm.* 2013;28(3):201–6.
77. Berrington D, Lall N. Anticancer activity of certain herbs and spices on the cervical epithelial carcinoma (HeLa) cell line. *Evid Based Complement Alternat Med.* 2012;2012:564927.

78. Gunawardena D, Shanmugam K, Low M, et al. Determination of anti-inflammatory activities of standardised preparations of plant-and mushroom-based foods. *Eur J Nutr.* 2014;53(1): 335–43.
79. Al Dhaheri Y, Attoub S, Arafat K, et al. Anti-metastatic and anti-tumor growth effects of *Origanum majorana* on highly metastatic human breast cancer cells: inhibition of NF κ B signaling and reduction of nitric oxide production. *PLoS ONE.* 2013;8(7):e68808.
80. Haj-Husein I, Tukan S, Alkazaleh F. The effect of marjoram (*Origanum majorana*) tea on the hormonal profile of women with polycystic ovary syndrome: a randomised controlled pilot study. *J Hum Nutr Diet.* 2015; doi: 10.1111/jhn.12290.
81. Carlsen MH, Halvorsen BL, Holte K, et al. The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. *Nutr J.* 2010;9:3.
82. Carlsen MH, Halvorsen BL, Holte K, et al. The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. *Nutr J.* 2010;9:3.
83. Baliga MS, Dsouza JJ. Amla (*Emblica officinalis* Gaertn), a wonder berry in the treatment and prevention of cancer. *Eur J Cancer Prev.* 2011;20(3):225–39.
84. Carlsen MH, Halvorsen BL, Holte K, et al. The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. *Nutr J.* 2010;9:3.
85. Darvin ME, Patzelt A, Knorr F, Blume-Peytavi U, Sterry W, Lademann J. One-year study on the variation of carotenoid antioxidant substances in living human skin: influence of dietary supplementation and stress factors. *J Biomed Opt.* 2008;13(4):044028.
86. Mohanty P, Hamouda W, Garg R, Aljada A, Ghanim H, Dandona P. Glucose challenge stimulates reactive oxygen species (ROS) generation by leucocytes. *J Clin Endocrinol Metab.* 2000; 85(8): 2970–3.
87. Ghanim H, Mohanty P, Pathak R, Chaudhuri A, Sia CL, Dandona P. Orange juice or fructose intake does not induce oxidative and inflammatory response. *Diabetes Care.* 2007;30(6): 1406–11.
88. Prior RL, Gu L, Wu X, et al. Plasma antioxidant capacity changes following a meal as a measure of the ability of a food to alter in vivo antioxidant status. *J Am Coll Nutr.* 2007;26(2):170–81.
89. Carlsen MH, Halvorsen BL, Holte K, et al. The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. *Nutr J.* 2010;9:3.
90. Saper RB, Kales SN, Paquin J, et al. Heavy metal content of Ayurvedic herbal medicine products. *JAMA.* 2004;292(23):2868–73.
91. Martena MJ, van der Wielen JC, Rietjens IM, Klerx WN, de Groot HN, Konings EJ. Monitoring of mercury, arsenic, and lead in traditional Asian herbal preparations on the Dutch market and estimation of associated risks. *Food Addit Contam Part A.* 2010;27(2):190–205.
92. Skulas-Ray AC, Kris-Etherton PM, Teeter DL, Chen CYO, Vanden Heuvel JP, West SG. A high antioxidant spice blend attenuates postprandial insulin and triglyceride responses and increases some plasma measures of antioxidant activity in healthy, overweight men. *J Nutr.* 2011;141(8): 1451–7.
93. Tomita LY, Roteli-Martins CM, Villa LL, Franco EL, Cardoso MA, BRINCA Study Team. Associations of dietary dark-green and deep-yellow vegetables and fruits with cervical intraepithelial neoplasia: modification by smoking. *Br J Nutr.* 2011;105(6):928–37.
94. Gomaa EA, Gray JI, Rabie S, Lopez-Bote C, Booren AM. Polycyclic aromatic hydrocarbons in smoked food products and commercial liquid smoke flavourings. *Food Addit Contam.* 1993; 10(5): 503–21.

95. Fritschi G, Prescott WR Jr. Morphine levels in urine subsequent to poppy seed consumption. *Forensic Sci Int.* 1985;27(2):111–7.
96. Hahn A, Michalak H, Begemann K, et al. Severe health impairment of a 6-week-old infant related to the ingestion of boiled poppy seeds. *Clin Toxicol.* 2008;46:607.
97. Sproll C, Perz RC, Lachenmeier DW. Optimized LC/MS/MS analysis of morphine and codeine in poppy seed and evaluation of their fate during food processing as a basis for risk analysis. *J Agric Food Chem.* 2006;54(15):5292–8.
98. European Food Safety Authority. Scientific opinion on the risks for public health related to the presence of opium alkaloids in poppy seeds. *EFSA J.* 2011;9(11):2405.
99. Lachenmeier DW, Sproll C, Musshoff F. Poppy seed foods and opiate drug testing—where are we today? *Ther Drug Monit.* 2010;32(1):11–8.
100. Sproll C, Perz RC, Lachenmeier DW. Optimized LC/MS/MS analysis of morphine and codeine in poppy seed and evaluation of their fate during food processing as a basis for risk analysis. *J Agric Food Chem.* 2006;54(15):5292–8.
101. Lachenmeier DW, Sproll C, Musshoff F. Poppy seed foods and opiate drug testing—where are we today? *Ther Drug Monit.* 2010;32(1):11–8.
102. Idle JR. Christmas gingerbread (Lebkuchen) and Christmas cheer—review of the potential role of mood elevating amphetamine-like compounds formed in vivo and in furno. *Prague Med Rep.* 2005;106(1):27–38.
103. Payne RB. Nutmeg intoxication. *N Engl J Med.* 1963;269:36–8.
104. Cushny AR. Nutmeg poisoning. *Proc R Soc Med.* 1908;1(Ther Pharmacol Sect):39–44.
105. Williams EY, West F. The use of nutmeg as a psychotropic drug. Report of two cases. *J Natl Med Assoc.* 1968;60(4):289–90.
106. Williams EY, West F. The use of nutmeg as a psychotropic drug. Report of two cases. *J Natl Med Assoc.* 1968;60(4):289–90.
107. Scholefield JH. Nutmeg—an unusual overdose. *Arch Emerg Med.* 1986;3(2):154–5.
108. Davis PA, Yokoyama W. Cinnamon intake lowers fasting blood glucose: meta-analysis. *J Med Food.* 2011;14(9):884–9.
109. Solomon TPJ, Blannin AK. Effects of short-term cinnamon ingestion on in vivo glucose tolerance. *Diabetes Obes Metab.* 2007;9(6):895–901.
110. Solomon TPJ, Blannin AK. Changes in glucose tolerance and insulin sensitivity following 2 weeks of daily cinnamon ingestion in healthy humans. *Eur J Appl Physiol.* 2009;105(6): 969–76.
111. Fotland TØ, Paulsen JE, Sanner T, Alexander J, Husøy T. Risk assessment of coumarin using the bench mark dose (BMD) approach: children in Norway which regularly eat oatmeal porridge with cinnamon may exceed the TDI for coumarin with several folds. *Food Chem Toxicol.* 2012;50(3–4):903–12.
112. Wickenberg J, Lindstedt S, Berntorp K, Nilsson J, Hlebowicz J. Ceylon cinnamon does not affect postprandial plasma glucose or insulin in subjects with impaired glucose tolerance. *Br J Nutr.* 2012;107(12):1845–9.
113. Davis PA, Yokoyama W. Cinnamon intake lowers fasting blood glucose: meta-analysis. *J Med Food.* 2011;14(9):884–9.

Цельные злаки

1. World Cancer Research Fund/American Institute for Cancer Research. Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective. Washington, D.C.: AICR, 2007.
2. Eat 3 or more whole-grain foods every day. http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Eat-3-or-More-Whole-Grain-Foods-Every-Day_UCM_320264_Article.jsp. Accessed April 18, 2015.
3. Wu H, Flint AJ, Qi Q, et al. Association between dietary whole grain intake and risk of mortality: two large prospective studies in US men and women. *JAMA Intern Med.* 2015;175(3): 373–84.
4. Tang G, Wang D, Long J, Yang F, Si L. Meta-analysis of the association between whole grain intake and coronary heart disease risk. *Am J Cardiol.* 2015;115(5):625–9.
5. Aune D, Norat T, Romundstad P, Vatten LJ. Whole grain and refined grain consumption and the risk of type 2 diabetes: a systematic review and dose-response meta-analysis of cohort studies. *Eur J Epidemiol.* 2013;28(11):845–58.
6. Cho SS, Qi L, Fahey GC, Klurfeld DM. Consumption of cereal fiber, mixtures of whole grains and bran, and whole grains and risk reduction in type 2 diabetes, obesity, and cardiovascular disease. *Am J Clin Nutr.* 2013;98(2):594–619.
7. Lim SS, Vos T, Flaxman AD, et al. A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990–2010: a systematic analysis for the Global Burden of Disease Study 2010. *Lancet.* 2012;380(9859):2224–60.
8. Lefevre M, Jonnalagadda S. Effect of whole grains on markers of subclinical inflammation. *Nutr Rev.* 2012;70(7):387–96.
9. Montonen J, Boeing H, Fritzsche A, et al. Consumption of red meat and whole-grain bread in relation to biomarkers of obesity, inflammation, glucose metabolism and oxidative stress. *Eur J Nutr.* 2013;52(1):337–45.
10. Goletzke J, Buyken AE, Joslowski G, et al. Increased intake of carbohydrates from sources with a higher glycemic index and lower consumption of whole grains during puberty are prospectively associated with higher IL-6 concentrations in younger adulthood among healthy individuals. *J Nutr.* 2014;144(10):1586–93.
11. Sofi F, Ghiselli L, Cesari F, et al. Effects of short-term consumption of bread obtained by an old Italian grain variety on lipid, inflammatory, and hemorheological variables: an intervention study. *J Med Food.* 2010;13(3):615–20.
12. Vitaglione P, Mennella I, Ferracane R, et al. Whole-grain wheat consumption reduces inflammation in a randomized controlled trial on overweight and obese subjects with unhealthy dietary and lifestyle behaviors: role of polyphenols bound to cereal dietary fiber. *Am J Clin Nutr.* 2015;101(2):251–61.
13. Esposito K, Nappo F, Giugliano F, et al. Meal modulation of circulating interleukin 18 and adiponectin concentrations in healthy subjects and in patients with type 2 diabetes mellitus. *Am J Clin Nutr.* 2003;78(6):1135–40.
14. Masters RC, Liese AD, Haffner SM, Wagenknecht LE, Hanley AJ. Whole and refined grain intakes are related to inflammatory protein concentrations in human plasma. *J Nutr.* 2010; 140(3):587–94.

15. Vitaglione P, Mennella I, Ferracane R, et al. Whole-grain wheat consumption reduces inflammation in a randomized controlled trial on overweight and obese subjects with unhealthy dietary and lifestyle behaviors: role of polyphenols bound to cereal dietary fiber. *Am J Clin Nutr.* 2015;101(2):251–61.
16. Qi L, van Dam RM, Liu S, Franz M, Mantzoros C, Hu FB. Whole-grain, bran, and cereal fiber intakes and markers of systemic inflammation in diabetic women. *Diabetes Care.* 2006;29(2): 207–11.
17. Sofi F, Ghiselli L, Cesari F, et al. Effects of short-term consumption of bread obtained by an old Italian grain variety on lipid, inflammatory, and hemorheological variables: an intervention study. *J Med Food.* 2010;13(3):615–20.
18. Esposito K, Giugliano D. Whole-grain intake cools down inflammation. *Am J Clin Nutr.* 2006;83(6):1440–1.
19. Jacobs DR Jr, Andersen LF, Blomhoff R. Whole-grain consumption is associated with a reduced risk of noncardiovascular, noncancer death attributed to inflammatory diseases in the Iowa Women's Health Study. *Am J Clin Nutr.* 2007;85(6):1606–14.
20. Rubio-Tapia A, Ludvigsson JF, Brantner TL, Murray JA, Everhart JE. The prevalence of celiac disease in the United States. *Am J Gastroenterol.* 2012;107(10):1538–44.
21. Cooper BT, Holmes GK, Ferguson R, Thompson RA, Allan RN, Cooke WT. Gluten-sensitive diarrhea without evidence of celiac disease. *Gastroenterology.* 1980;79(5 Pt 1):801–6.
22. Falchuk ZM. Gluten-sensitive diarrhea without enteropathy: fact or fancy? *Gastroenterology.* 1980;79(5 Pt 1):953–5.
23. Aziz I, Hadjivassiliou M, Sanders DS. Does gluten sensitivity in the absence of coeliac disease exist? *BMJ.* 2012;345:e7907.
24. Mansueto P, Seidita A, D'Alcamo A, Carroccio A. Non-celiac gluten sensitivity: literature review. *J Am Coll Nutr.* 2014;33(1):39–54.
25. Genuis SJ. Sensitivity-related illness: the escalating pandemic of allergy, food intolerance and chemical sensitivity. *Sci Total Environ.* 2010;408(24):6047–61.
26. Di Sabatino A, Corazza GR. Nonceliac gluten sensitivity: sense or sensibility? *Ann Intern Med.* 2012;156(4):309–11.
27. McCarter DF. Non-celiac gluten sensitivity: important diagnosis or dietary fad? *Am Fam Physician.* 2014;89(2):82–3.
28. Ferch CC, Chey WD. Irritable bowel syndrome and gluten sensitivity without celiac disease: separating the wheat from the chaff. *Gastroenterology.* 2012;142(3):664–6.
29. Carroccio A, Mansueto P, Iacono G, et al. Non-celiac wheat sensitivity diagnosed by doubleblind placebo-controlled challenge: exploring a new clinical entity. *Am J Gastroenterol.* 2012; 107(12):1898–906.
30. Carroccio A, Mansueto P, Iacono G, et al. Non-celiac wheat sensitivity diagnosed by doubleblind placebo-controlled challenge: exploring a new clinical entity. *Am J Gastroenterol.* 2012; 107(12):1898–906.
31. Biesiekierski JR, Peters SL, Newnham ED, Rosella O, Muir JG, Gibson PR. No effects of gluten in patients with self-reported non-celiac gluten sensitivity after dietary reduction of fermentable, poorly absorbed, short-chain carbohydrates. *Gastroenterology.* 2013;145(2):320–8.e1–3.
32. Peters SL, Biesiekierski JR, Yelland GW, Muir JG, Gibson PR. Randomised clinical trial: gluten may cause depression in subjects with non-coeliac gluten sensitivity—an exploratory clinical study. *Aliment Pharmacol Ther.* 2014;39(10):1104–12.

33. Aziz I, Hadjivassiliou M, Sanders DS. Editorial: noncoeliac gluten sensitivity—a disease of the mind or gut? *Aliment Pharmacol Ther.* 2014;40(1):113–4.
34. Picarelli A, Borghini R, Isonne C, Di Tola M. Reactivity to dietary gluten: new insights into differential diagnosis among gluten-related gastrointestinal disorders. *Pol Arch Med Wewn.* 2013;123(12):708–12.
35. Rubio-Tapia A, Ludvigsson JF, Brantner TL, Murray JA, Everhart JE. The prevalence of celiac disease in the United States. *Am J Gastroenterol.* 2012;107(10):1538–44.
36. Riddle MS, Murray JA, Porter CK. The incidence and risk of celiac disease in a healthy US adult population. *Am J Gastroenterol.* 2012;107(8):1248–55.
37. Volta U, Bardella MT, Calabro A, Troncone R, Corazza GR. An Italian prospective multicenter survey on patients suspected of having non-celiac gluten sensitivity. *BMC Med.* 2014;12:85.
38. Holmes G. Non coeliac gluten sensitivity. *Gastroenterol Hepatol Bed Bench.* 2013;6(3):115–9.
39. Gaesser GA, Angadi SS. Gluten-free diet: imprudent dietary advice for the general population? *J Acad Nutr Diet.* 2012;112(9):1330–3.
40. De Palma G, Nadal I, Collado MC, Sanz Y. Effects of a gluten-free diet on gut microbiota and immune function in healthy adult human subjects. *Br J Nutr.* 2009;102(8):1154–60.
41. Gaesser GA, Angadi SS. Gluten-free diet: imprudent dietary advice for the general population? *J Acad Nutr Diet.* 2012;112(9):1330–3.
42. Horiguchi N, Horiguchi H, Suzuki Y. Effect of wheat gluten hydrolysate on the immune system in healthy human subjects. *Biosci Biotechnol Biochem.* 2005;69(12):2445–9.
43. Di Sabatino A, Corazza GR. Nonceliac gluten sensitivity: sense or sensibility? *Ann Intern Med.* 2012;156(4):309–11.
44. Koerner TB, Cleroux C, Poirier C, et al. Gluten contamination of naturally gluten-free flours and starches used by Canadians with celiac disease. *Food Addit Contam Part A.* 2013;30(12): 2017–21.
45. McCarter DF. Non-celiac gluten sensitivity: important diagnosis or dietary fad? *Am Fam Physician.* 2014;89(2):82–3.
46. Tavakkoli A, Lewis SK, Tennyson CA, Lebwohl B, Green PH. Characteristics of patients who avoid wheat and/or gluten in the absence of celiac disease. *Dig Dis Sci.* 2014;59(6):1255–61.
47. Pietzak M. Celiac disease, wheat allergy, and gluten sensitivity: when gluten free is not a fad. *JPEN J Parenter Enteral Nutr.* 2012;36(1 Suppl):68S–75S.
48. Goufo P, Trindade H. Rice antioxidants: phenolic acids, flavonoids, anthocyanins, proanthocyanidins, tocopherols, tocotrienols, γ -oryzanol, and phytic acid. *Food Sci Nutr.* 2014;2(2): 75–104.
49. Choi SP, Kang MY, Koh HJ, Nam SH, Friedman M. Antiallergic activities of pigmented rice bran extracts in cell assays. *J Food Sci.* 2007;72(9):S719–26.
50. Pintha K, Yodkeeree S, Limtrakul P. Proanthocyanidin in red rice inhibits MDA-MB-231 breast cancer cell invasion via the expression control of invasive proteins. *Biol Pharm Bull.* 2015;38(4):571–81.
51. Suttiarporn P, Chumpolsri W, Mahatheeranont S, Luangkamin S, Teepsawang S, Leardkamolkarn V. Structures of phytosterols and triterpenoids with potential anti-cancer activity in bran of black non-glutinous rice. *Nutrients.* 2015;7(3):1672–87.
52. Egilman D, Mailloux C, Valentin C. Popcorn-worker lung caused by corporate and regulatory negligence: an avoidable tragedy. *Int J Occup Environ Health.* 2007;13(1):85–98.

53. Egilman DS, Schilling JH. Bronchiolitis obliterans and consumer exposure to butter-flavored micro wave popcorn: a case series. *Int J Occup Environ Health.* 2012;18(1):29–42.
54. Nelson K, Stojanovska L, Vasiljevic T, Mathai M. Germinated grains: a superior whole grain functional food? *Can J Physiol Pharmacol.* 2013;91(6):429–41.
55. Hovey AL, Jones GP, Devereux HM, Walker KZ. Whole cereal and legume seeds increase faecal short chain fatty acids compared to ground seeds. *Asia Pac J Clin Nutr.* 2003;12(4): 477–82.
56. Stephen AM, Cummings JH. The microbial contribution to human faecal mass. *J Med Microbiol.* 1980;13(1):45–56.
57. Fechner A, Fenske K, Jahreis G. Effects of legume kernel fibres and citrus fibre on putative risk factors for colorectal cancer: a randomised, double-blind, crossover human intervention trial. *Nutr J.* 2013;12:101.
58. Hovey AL, Jones GP, Devereux HM, Walker KZ. Whole cereal and legume seeds increase faecal short chain fatty acids compared to ground seeds. *Asia Pac J Clin Nutr.* 2003;12(4):477–82.
59. Tan J, McKenzie C, Potamitis M, Thorburn AN, Mackay CR, Macia L. The role of short-chain fatty acids in health and disease. *Adv Immunol.* 2014;121:91–119.
60. Molteberg EL, Solheim R, Dimberg LH, Frolich W. Variation in oat groats due to variety, storage and heat treatment. II: sensory quality. *J Cereal Sci.* 1996;24(3):273–82.
61. Cerio R, Dohil M, Downie J, et al. Mechanism of action and clinical benefits of colloidal oatmeal for dermatologic practice. *J Drugs Dermatol.* 2010;9(9):1116–20.
62. Boisnic S, Branchet-Gumila MC, Coutanceau C. Inhibitory effect of oatmeal extract oligomer on vasoactive intestinal peptide-induced inflammation in surviving human skin. *Int J Tissue React.* 2003;25(2):41–6.
63. Alexandrescu DT, Vaillant JG, Dasanu CA. Effect of treatment with a colloidal oatmeal lotion on the acneform eruption induced by epidermal growth factor receptor and multiple tyrosinekinase inhibitors. *Clin Exp Dermatol.* 2007;32(1):71–4.
64. Wild R, Fager K, Flefleh C, et al. Cetuximab preclinical antitumor activity (monotherapy and combination based) is not predicted by relative total or activated epidermal growth factor receptor tumor expression levels. *Mol Cancer Ther.* 2006;5(1):104–13.
65. Guo W, Nie L, Wu D, et al. Avenanthramides inhibit proliferation of human colon cancer cell lines in vitro. *Nutr Cancer.* 2010;62(8):1007–16.
66. Clemens R, van Klinken BJW. Oats, more than just a whole grain: an introduction. *Br J Nutr.* 2014;112 Suppl 2:S1–3.
67. Eidson M, Saenz B. Average portion sizes of pasta from Italian casual dining restaurants in Tarrant County. http://www.srs.tcu.edu/previous_posters/Nutritional_Sciences/2010/148-Eidson-Gorman.pdf. 2010. Accessed May 21, 2015.

Напитки

1. Popkin BM, Armstrong LE, Bray GM, Caballero B, Frei B, Willett WC. A new proposed guidance system for beverage consumption in the United States. *Am J Clin Nutr.* 2006;83(3):529–42.
2. Rush EC. Water: neglected, unappreciated and under researched. *Eur J Clin Nutr.* 2013;67(5): 492–5.
3. Rush EC. Water: neglected, unappreciated and under researched. *Eur J Clin Nutr.* 2013;67(5): 492–5.

4. Jéquier E, Constant F. Water as an essential nutrient: the physiological basis of hydration. *Eur J Clin Nutr.* 2010;64(2):115–23.
5. Vivanti AP. Origins for the estimations of water requirements in adults. *Eur J Clin Nutr.* 2012;66(12):1282–9.
6. Adolph EF. The regulation of the water content of the human organism. *J Physiol (Lond).* 1921;55(1–2):114–32.
7. Walsh NP, Fortes MB, Purslow C, Esmaeelpour M. Author response: is whole body hydration an important consideration in dry eye? *Invest Ophthalmol Vis Sci.* 2013;54(3):1713–4.
8. Goodman AB, Blanck HM, Sherry B, Park S, Nebeling L, Yaroch AL. Behaviors and attitudes associated with low drinking water intake among US adults, Food Attitudes and Behaviors Survey, 2007. *Prev Chronic Dis.* 2013;10:E51.
9. Negoianu D, Goldfarb S. Just add water. *J Am Soc Nephrol.* 2008;19(6):1041–3.
10. Michaud DS, Spiegelman D, Clinton SK, et al. Fluid intake and the risk of bladder cancer in men. *N Engl J Med.* 1999;340(18):1390–7.
11. Chan J, Knutson SF, Blix GG, Lee JW, Fraser GE. Water, other fluids, and fatal coronary heart disease: the Adventist Health Study. *Am J Epidemiol.* 2002;155(9):827–33.
12. Guest S, Essick GK, Mehrabyan A, Dessirier JM, McGlone F. Effect of hydration on the tactile and thermal sensitivity of the lip. *Physiol Behav.* 2014;123:127–35.
13. Benelam B, Wyness L. Hydration and health: a review. *Nutr Bull.* 2010;35:3–25.
14. Vivanti AP. Origins for the estimations of water requirements in adults. *Eur J Clin Nutr.* 2012;66(12):1282–9.
15. Benelam B, Wyness L. Hydration and health: a review. *Nutr Bull.* 2010;35:3–25.
16. Killer SC, Blannin AK, Jeukendrup AE. No evidence of dehydration with moderate daily coffee intake: a counterbalanced cross-over study in a free-living population. *PLoS ONE.* 2014;9(1): e84154.
17. Ruxton CH, Hart VA. Black tea is not significantly different from water in the maintenance of normal hydration in human subjects: results from a randomised controlled trial. *Br J Nutr.* 2011; 106(4):588–95.
18. Benelam B, Wyness L. Hydration and health: a review. *Nutr Bull.* 2010;35:3–25.
19. Saleh MA, Abdel-Rahman FH, Woodard BB, et al. Chemical, microbial and physical evaluation of commercial bottled waters in greater Houston area of Texas. *J Environ Sci Health A Tox Hazard Subst Environ Eng.* 2008;43(4):335–47.
20. Valtin H. “Drink at least eight glasses of water a day.” Really? Is there scientific evidence for “8 x 8”? *Am J Physiol Regul Integr Comp Physiol.* 2002;283(5):R993–1004.
21. Kempton MJ, Ettinger U, Foster R, et al. Dehydration affects brain structure and function in healthy adolescents. *Hum Brain Mapp.* 2011;32(1):71–9.
22. Stookey JD, Brass B, Holliday A, Arief A. What is the cell hydration status of healthy children in the USA? Preliminary data on urine osmolality and water intake. *Public Health Nutr.* 2012; 15(11):2148–56.
23. Edmonds CJ, Burford D. Should children drink more water?: the effects of drinking water on cognition in children. *Appetite.* 2009;52(3):776–9.

24. Pross N, Demazieres A, Girard N, et al. Influence of progressive fluid restriction on mood and physiological markers of dehydration in women. *Br J Nutr.* 2013;109(2):313–21.
25. Peronnet F, Mignault D, du Souich P, et al. Pharmacokinetic analysis of absorption, distribution and disappearance of ingested water labeled with D₂O in humans. *Eur J Appl Physiol.* 2012;112(6):2213–22.
26. Bateman DN. Effects of meal temperature and volume on the emptying of liquid from the human stomach. *J Physiol (Lond).* 1982;331:461–7.
27. Armstrong LE, Ganio MS, Klau JF, Johnson EC, Casa DJ, Maresh CM. Novel hydration assessment techniques employing thirst and a water intake challenge in healthy men. *Appl Physiol Nutr Metab.* 2014;39(2):138–44.
28. Cuomo R, Grasso R, Sarnelli G, et al. Effects of carbonated water on functional dyspepsia and constipation. *Eur J Gastroenterol Hepatol.* 2002;14(9):991–9.
29. Freedman ND, Park Y, Abnet CC, Hollenbeck AR, Sinha R. Association of coffee drinking with total and cause-specific mortality. *N Engl J Med.* 2012;366(20):1891–904.
30. Liu J, Sui X, Lavie CJ, et al. Association of coffee consumption with all-cause and cardiovascular disease mortality. *Mayo Clin Proc.* 2013;88(10):1066–74.
31. O’Keefe JH, Bhatti SK, Patil HR, DiNicolantonio JJ, Lucan SC, Lavie CJ. Effects of habitual coffee consumption on cardiometabolic disease, cardiovascular health, and all-cause mortality. *J Am Coll Cardiol.* 2013;62(12):1043–51.
32. Malerba S, Turati F, Galeone C, et al. A meta-analysis of prospective studies of coffee consumption and mortality for all causes, cancers and cardiovascular diseases. *Eur J Epidemiol.* 2013; 28(7):527–39.
33. Shimamoto T, Yamamichi N, Kodashima S, et al. No association of coffee consumption with gastric ulcer, duodenal ulcer, reflux esophagitis, and non-erosive reflux disease: a crosssectional study of 8,013 healthy subjects in Japan. *PLoS ONE.* 2013;8(6):e65996.
34. Wendl B, Pfeiffer A, Pehl C, Schmidt T, Kaess H. Effect of decaff eination of coffee or tea on gastrooesophageal reflux. *Aliment Pharmacol Ther.* 1994;8(3):283–7.
35. Lee DR, Lee J, Rota M, et al. Coffee consumption and risk of fractures: a systematic review and dose-response meta-analysis. *Bone.* 2014;63:20–8.
36. Sheng J, Qu X, Zhang X, et al. Coffee, tea, and the risk of hip fracture: a meta-analysis. *Osteoporos Int.* 2014;25(1):141–50.
37. Chen B, Shi HF, Wu SC. Tea consumption didn’t modify the risk of fracture: a dose-response meta-analysis of observational studies. *Diagn Pathol.* 2014;9:44.
38. Nazrun AS, Tzar MN, Mokhtar SA, Mohamed IN. A systematic review of the outcomes of osteoporotic fracture patients after hospital discharge: morbidity, subsequent fractures, and mortality. *Ther Clin Risk Manag.* 2014;10:937–48.
39. Li M, Wang M, Guo W, Wang J, Sun X. The effect of caffeine on intraocular pressure: a systematic review and meta-analysis. *Graefes Arch Clin Exp Ophthalmol.* 2011;249(3):435–42.
40. Kang JH, Willett WC, Rosner BA, Hankinson SE, Pasquale LR. Caffeine consumption and the risk of primary open-angle glaucoma: a prospective cohort study. *Invest Ophthalmol Vis Sci.* 2008;49(5):1924–31.
41. Gleason JL, Richter HE, Redden DT, Goode PS, Burgio KL, Markland AD. Caffeine and urinary incontinence in US women. *Int Urogynecol J.* 2013;24(2):295–302.

42. Davis NJ, Vaughan CP, Johnson TM, et al. Caffeine intake and its association with urinary incontinence in United States men: results from National Health and Nutrition Examination Surveys 2005–2006 and 2007–2008. *J Urol.* 2013;189(6):2170–4.
43. Bonilha L, Li LM. Heavy coffee drinking and epilepsy. *Seizure.* 2004;13(4):284–5.
44. Lloret-Linares C, Lafuente-Lafuente C, Chassany O, et al. Does a single cup of coffee at dinner alter the sleep? A controlled cross-over randomised trial in real-life conditions. *Nutrition & Dietetics.* 2012;69(4):250–5.
45. Urgert R, Katan MB. The cholesterol-raising factor from coffee beans. *Annu Rev Nutr.* 1997; 17:305–24.
46. Correa TAF, Rogero MM, Mioto BM, et al. Paper-filtered coffee increases cholesterol and inflammation biomarkers independent of roasting degree: a clinical trial. *Nutrition.* 2013;29(7–8): 977–81.
47. Bhave PD, Hoffmayer K. Caffeine and atrial fibrillation: friends or foes? *Heart.* 2013; 99(19): 1377–8.
48. Patané S, Marte F, La Rosa FC, La Rocca R. Atrial fibrillation associated with chocolate intake abuse and chronic salbutamol inhalation abuse. *Int J Cardiol.* 2010;145(2):e74–6.
49. Caldeira D, Martins C, Alves LB, Pereira H, Ferreira JJ, Costa J. Caffeine does not increase the risk of atrial fibrillation: a systematic review and meta-analysis of observational studies. *Heart.* 2013;99(19):1383–9.
50. Cheng M, Hu Z, Lu X, Huang J, Gu D. Caffeine intake and atrial fibrillation incidence: dose response meta-analysis of prospective cohort studies. *Can J Cardiol.* 2014;30(4):448–54.
51. Glade MJ. Caffeine—not just a stimulant. *Nutrition.* 2010;26(10):932–8.
52. Bhave PD, Hoffmayer K. Caffeine and atrial fibrillation: friends or foes? *Heart.* 2013;99(19): 1377–8.
53. Sepkowitz KA. Energy drinks and caffeine-related adverse effects. *JAMA.* 2013;309(3): 243–4.
54. O’Keefe JH, Bhatti SK, Patil HR, DiNicolantonio JJ, Lucan SC, Lavie CJ. Effects of habitual coffee consumption on cardiometabolic disease, cardiovascular health, and all-cause mortality. *J Am Coll Cardiol.* 2013;62(12):1043–51.
55. Yu X, Bao Z, Zou J, Dong J. Coffee consumption and risk of cancers: a meta-analysis of cohort studies. *BMC Cancer.* 2011;11:96.
56. Tzellos TG, Sardeli C, Lallas A, Papazisis G, Chourdakis M, Kouvelas D. Efficacy, safety and tolerability of green tea catechins in the treatment of external anogenital warts: a systematic review and meta-analysis. *J Eur Acad Dermatol Venereol.* 2011;25(3):345–53.
57. Dunne EF, Friedman A, Datta SD, Markowitz LE, Workowski KA. Updates on human papillomavirus and genital warts and counseling messages from the 2010 Sexually Transmitted Diseases Treatment Guidelines. *Clin Infect Dis.* 2011;53 Suppl 3:S143–52.
58. Tjeerdsma F, Jonkman MF, Spoo JR. Temporary arrest of basal cell carcinoma formation in a patient with basal cell naevus syndrome (BCNS) since treatment with a gel containing various plant extracts. *J Eur Acad Dermatol Venereol.* 2011;25(2):244–5.
59. Trudel D, Labbé DP, Bairati I, Fradet V, Bazinet L, Tétu B. Green tea for ovarian cancer prevention and treatment: a systematic review of the in vitro, in vivo and epidemiological studies. *Gynecol Oncol.* 2012;126(3):491–8.

60. Butler LM, Wu AH. Green and black tea in relation to gynecologic cancers. *Mol Nutr Food Res.* 2011;55(6):931–40.
61. Onakpoya I, Spencer E, Heneghan C, Thompson M. The effect of green tea on blood pressure and lipid profile: a systematic review and meta-analysis of randomized clinical trials. *Nutr Metab Cardiovasc Dis.* 2014;24(8):823–36.
62. Liu G, Mi XN, Zheng XX, Xu YL, Lu J, Huang XH. Effects of tea intake on blood pressure: a meta-analysis of randomised controlled trials. *Br J Nutr.* 2014;112(7):1043–54.
63. Maruyama K, Iso H, Sasaki S, Fukino Y. The association between concentrations of green tea and blood glucose levels. *J Clin Biochem Nutr.* 2009;44(1):41–5.
64. Maki KC, Reeves MS, Farmer M, et al. Green tea catechin consumption enhances exercise-induced abdominal fat loss in overweight and obese adults. *J Nutr.* 2009;139(2):264–70.
65. Arab L, Khan F, Lam H. Epidemiologic evidence of a relationship between tea, coffee, or caffeine consumption and cognitive decline. *Adv Nutr.* 2013;4(1):115–22.
66. Arab L, Liu W, Elashoff D. Green and black tea consumption and risk of stroke: a metaanalysis. *Stroke.* 2009;40(5):1786–92.
67. Yang WS, Wang WY, Fan WY, Deng Q, Wang X. Tea consumption and risk of type 2 diabetes: a dose-response meta-analysis of cohort studies. *Br J Nutr.* 2014;111(8):1329–39.
68. Koyama Y, Kuriyama S, Aida J, et al. Association between green tea consumption and tooth loss: cross-sectional results from the Ohsaki Cohort 2006 Study. *Prev Med.* 2010;50(4):173–9.
69. Watanabe I, Kuriyama S, Kakizaki M, et al. Green tea and death from pneumonia in Japan: the Ohsaki cohort study. *Am J Clin Nutr.* 2009;90(3):672–9.
70. Maeda-Yamamoto M, Ema K, Monobe M, et al. The efficacy of early treatment of seasonal allergic rhinitis with benifuuki green tea containing O-methylated catechin before pollen exposure: an open randomized study. *Allergol Int.* 2009;58(3):437–44.
71. Masuda S, Maeda-Yamamoto M, Usui S, Fujisawa T. ‘Benifuuki’ green tea containing Omethylated catechin reduces symptoms of Japanese cedar pollinosis: a randomized, doubleblind, placebo-controlled trial. *Allergol Int.* 2014;63(2):211–7.
72. Millet D. The origins of EEG. Seventh Annual Meeting of the International Society for the History of the Neurosciences (ISHN). June 3, 2002. <http://www.bri.ucla.edu/nha/ishn/ab24-2002.htm>. Accessed April 21, 2015.
73. Nobre AC, Rao A, Owen GN. L-theanine, a natural constituent in tea, and its Effect on mental state. *Asia Pac J Clin Nutr.* 2008;17 Suppl 1:167–8.
74. Wang ZM, Zhou B, Wang YS, et al. Black and green tea consumption and the risk of coronary artery disease: a meta-analysis. *Am J Clin Nutr.* 2011;93(3):506–15.
75. Rusak G, Komes D, Likić S, Horžić D, Kovač M. Phenolic content and antioxidative capacity of green and white tea extracts depending on extraction conditions and the solvent used. *Food Chem.* 2008;110(4):852–8.
76. Green RJ, Murphy AS, Schulz B, Watkins BA, Ferruzzi MG. Common tea formulations modulate in vitro digestive recovery of green tea catechins. *Mol Nutr Food Res.* 2007;51(9): 1152–62.

77. Santana-Rios G, Orner GA, Amantana A, Provost C, Wu SY, Dashwood RH. Potent antimutagenic activity of white tea in comparison with green tea in the Salmonella assay. *Mutat Res.* 2001;495(1-2):61–74.
78. Yang DJ, Hwang LS, Lin JT. Effects of different steeping methods and storage on caffeine, catechins and gallic acid in bag tea infusions. *J Chromatogr A.* 2007;1156(1-2):312–20.
79. Venditti E, Bacchetti T, Tiano L, Carloni P, Greci L, Damiani E. Hot vs. cold water steeping of different teas: do they affect antioxidant activity? *Food Chem.* 2010;119(4):1597–1604.
80. Patel SS, Beer S, Kearney DL, Phillips G, Carter BA. Green tea extract: a potential cause of acute liver failure. *World J Gastroenterol.* 2013;19(31):5174–7.
81. Kole AS, Jones HD, Christensen R, Gladstein J. A case of kombucha tea toxicity. *J Intensive Care Med.* 2009;24(3):205–7.
82. Goenka P, Sarawgi A, Karun V, Nigam AG, Dutta S, Marwah N. Camellia sinensis (tea): implications and role in preventing dental decay. *Pharmacogn Rev.* 2013;7(14):152–6.
83. Kakumanu N, Rao SD. Images in clinical medicine. Skeletal fluorosis due to excessive tea drinking. *N Engl J Med.* 2013;368(12):1140.
84. Malinowska E, Inkielewicz I, Czarnowski W, Szefer P. Assessment of fluoride concentration and daily intake by human from tea and herbal infusions. *Food Chem Toxicol.* 2008;46(3): 1055–61.
85. Malinowska E, Inkielewicz I, Czarnowski W, Szefer P. Assessment of fluoride concentration and daily intake by human from tea and herbal infusions. *Food Chem Toxicol.* 2008;46(3): 1055–61.
86. Quock RL, Gao JX, Chan JT. Tea fluoride concentration and the pediatric patient. *Food Chem.* 2012;130:615–7.
87. Phillips KM, Carlsen MH, Blomhoff R. Total antioxidant content of alternatives to refined sugar. *J Am Diet Assoc.* 2009;109(1):64–71.
88. Matsui M, Matsui K, Kawasaki Y, et al. Evaluation of the genotoxicity of stevioside and steviol using six in vitro and one in vivo mutagenicity assays. *Mutagenesis.* 1996;11(6):573–9.
89. Koyama E, Kitazawa K, Ohori Y, et al. In vitro metabolism of the glycosidic sweeteners, stevia mixture and enzymatically modified stevia in human intestinal microflora. *Food Chem Toxicol.* 2003;41(3):359–74.
90. Joint FAO/WHO Expert Committee on Food Additives. Evaluation of certain food additives. *World Health Organ Tech Rep Ser.* 2009;(952):1–208.
91. Gold J. Erythritol may reduce dental caries in high-risk school children. *J Evid Based Dent Pract.* 2014;14(4):185–7.
92. Ciappuccini R, Ansemant T, Maillefert JF, Tavernier C, Ornetti P. Aspartame-induced fibromyalgia, an unusual but curable cause of chronic pain. *Clin Exp Rheumatol.* 2010;28(6 Suppl 63): S131–3.
93. Halldorsson TI, Strom M, Petersen SB, Olsen SF. Intake of artificially sweetened soft drinks and risk of preterm delivery: a prospective cohort study in 59,334 Danish pregnant women. *Am J Clin Nutr.* 2010;92(3):626–33.
94. Jacob SE, Stechschulte S. Formaldehyde, aspartame, and migraines: a possible connection. *Dermatitis.* 2008;19(3):E10–1.
95. Roberts HJ. Overlooked aspartame-induced hypertension. *South Med J.* 2008;101(9):969.
96. Roberts HJ. Perspective on aspartame-induced pseudotumor cerebri. *South Med J.* 2009; 102(8):873.

97. Roberts HJ. Aspartame-induced thrombocytopenia. *South Med J.* 2007;100(5):543.
98. Den Hartog GJM, Boots AW, Adam-Perrot A, et al. Erythritol is a sweet antioxidant. *Nutrition.* 2010;26(4):449–58.
99. Carlsen MH, Halvorsen BL, Holte K, et al. The total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. *Nutr J.* 2010;9:3.
100. Chu CH, Pang KKL, Lo ECM. Dietary behavior and knowledge of dental erosion among Chinese adults. *BMC Oral Health.* 2010;10:13.
101. Attin T, Siegel S, Buchalla W, Lennon AM, Hannig C, Becker K. Brushing abrasion of softened and remineralised dentin: an in situ study. *Caries Res.* 2004;38(1):62–6.
102. Bassiouny MA, Yang J. Influence of drinking patterns of carbonated beverages on dental erosion. *Gen Dent.* 2005;53(3):205–10.
103. Yang Q. Gain weight by “going diet?” Artificial sweeteners and the neurobiology of sugar cravings: Neuroscience 2010. *Yale J Biol Med.* 2010;83(2):101–8.
104. Porikos KP, Booth G, Van Itallie TB. Effect of covert nutritive dilution on the spontaneous food intake of obese individuals: a pilot study. *Am J Clin Nutr.* 1977;30(10):1638–44.
105. Mattes R. Effects of aspartame and sucrose on hunger and energy intake in humans. *Physiol Behav.* 1990;47(6):1037–44.
106. Yang Q. Gain weight by “going diet?” Artificial sweeteners and the neurobiology of sugar cravings: Neuroscience 2010. *Yale J Biol Med.* 2010;83(2):101–8.
107. Yang Q. Gain weight by “going diet?” Artificial sweeteners and the neurobiology of sugar cravings: Neuroscience 2010. *Yale J Biol Med.* 2010;83(2):101–8.

Занятия спортом

1. Centers for Disease Control and Prevention. Obesity and overweight. <http://www.cdc.gov/nchs/fastats/obesity-overweight.htm>. April 29, 2015. Accessed May 17, 2015.
2. Laskowski ER. The role of exercise in the treatment of obesity. *PMR.* 2012;4(11):840–4.
3. Olshansky SJ, Passaro DJ, Hershow RC, et al. A potential decline in life expectancy in the United States in the 21st century. *N Engl J Med.* 2005;352(11):1138–45.
4. Freedhoff Y, Hébert PC. Partnerships between health organizations and the food industry risk derailing public health nutrition. *CMAJ.* 2011;183(3):291–2.
5. Westerterp KR, Speakman JR. Physical activity energy expenditure has not declined since the 1980s and matches energy expenditures of wild mammals. *Int J Obes (Lond).* 2008;32(8): 1256–63.
6. Dwyer-Lindgren L, Freedman G, Engell RE, et al. Prevalence of physical activity and obesity in US counties, 2001–2011: a road map for action. *Popul Health Metr.* 2013;11:7.
7. Laskowski ER. The role of exercise in the treatment of obesity. *PMR.* 2012;4(11):840–4.
8. Swinburn B, Sacks G, Ravussin E. Increased food energy supply is more than sufficient to explain the US epidemic of obesity. *Am J Clin Nutr.* 2009;90(6):1453–6.

9. Matthews J, International Food Information Council Foundation. Food & Health Survey: Consumer Attitudes Toward Food Safety, Nutrition & Health. http://www.foodinsight.org/2011_Food_Health_Survey_Consumer_Attitudes_Toward_Food_Safety_Nutrition_Health. August 31, 2011. Accessed March 31, 2015.
10. U.S. Department of Agriculture, Agricultural Research Service. 2014. USDA National Nutrient Database for Standard Reference, Release 27. Chicken, broilers or fryers, leg, meat only, cooked, stewed. <http://www.ndb.nal.usda.gov/ndb/foods/show/882>. Accessed April 23, 2015.
11. Archer E, Hand GA, Blair SN. Correction: Validity of U.S. Nutritional Surveillance: National Health and Nutrition Examination Survey Caloric Energy Intake Data, 1971–2010. <http://journals.plos.org/plosone/article?id=10.1371/annotation/c313df3a-52bd-4cbe-af14-6676480d1a43>. October 11, 2013. Accessed April 23, 2015.
12. Blair SN. Physical inactivity: the biggest public health problem of the 21st century. *Br J Sports Med*. 2009;43(1):1–2.
13. Murray CJ, Atkinson C, Bhalla K, et al. The state of US health, 1990–2010: burden of diseases, injuries, and risk factors. *JAMA*. 2013;310(6):591–608.
14. Lim SS, Vos T, Flaxman AD, et al. A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990–2010: a systematic analysis for the Global Burden of Disease Study 2010. *Lancet*. 2012;380(9859):2224–60.
15. Murray CJ, Atkinson C, Bhalla K, et al. The state of US health, 1990–2010: burden of diseases, injuries, and risk factors. *JAMA*. 2013;310(6):591–608.
16. Wang YC, McPherson K, Marsh T, Gortmaker SL, Brown M. Health and economic burden of the projected obesity trends in the USA and the UK. *Lancet*. 2011;378(9793):815–25.
17. Dunstan DW, Barr ELM, Healy GN, et al. Television viewing time and mortality: the Australian Diabetes, Obesity and Lifestyle Study (AusDiab). *Circulation*. 2010;121(3):384–91.
18. Stamatakis E, Hamer M, Dunstan DW. Screen-based entertainment time, all-cause mortality, and cardiovascular events: population-based study with ongoing mortality and hospital events follow-up. *J Am Coll Cardiol*. 2011;57(3):292–9.
19. Chaput JP, Klingenberg L, Sjodin A. Do all sedentary activities lead to weight gain: sleep does not. *Curr Opin Clin Nutr Metab Care*. 2010;13(6):601–7.
20. Patel AV, Bernstein L, Deka A, et al. Leisure time spent sitting in relation to total mortality in a prospective cohort of US adults. *Am J Epidemiol*. 2010;172(4):419–29.
21. Van Uffelen JG, Wong J, Chau JY, et al. Occupational sitting and health risks: a systematic review. *Am J Prev Med*. 2010;39(4):379–88.
22. Patel AV, Bernstein L, Deka A, et al. Leisure time spent sitting in relation to total mortality in a prospective cohort of US adults. *Am J Epidemiol*. 2010;172(4):419–29.
23. Mosley M. Calorie burner: how much better is standing up than sitting? *BBC News Magazine*. October 16, 2013. <http://www.bbc.com/news/magazine-24532996>. Accessed March 31, 2015.
24. Thosar SS, Johnson BD, Johnston JD, Wallace JP. Sitting and endothelial dysfunction: the role of shear stress. *Med Sci Monit*. 2012;18(12):RA173–80.
25. Koepp GA, Manohar CU, McCrady-Spitzer SK, et al. Treadmill desks: a 1-year prospective trial. *Obesity (Silver Spring)*. 2013;21(4):705–11.

26. Healy GN, Dunstan DW, Salmon J, et al. Breaks in sedentary time: beneficial associations with metabolic risk. *Diabetes Care.* 2008;31(4):661–6.
27. Peddie MC, Bone JL, Rehrer NJ, Skeaff CM, Gray AR, Perry TL. Breaking prolonged sitting reduces postprandial glycemia in healthy, normal-weight adults: a randomized crossover trial. *Am J Clin Nutr.* 2013;98(2):358–66.
28. Esen AM, Barutcu I, Acar M, et al. Effect of smoking on endothelial function and wall thickness of brachial artery. *Circ J.* 2004;68(12):1123–6.
29. Alexopoulos N, Vlachopoulos C, Aznaouridis K, et al. The acute effect of green tea consumption on endothelial function in healthy individuals. *Eur J Cardiovasc Prev Rehabil.* 2008;15(3):300–5.
30. Akazawa N, Choi Y, Miyaki A, et al. Curcumin ingestion and exercise training improve vascular endothelial function in postmenopausal women. *Nutr Res.* 2012;32(10):795–9.
31. Sugawara J, Akazawa N, Miyaki A, et al. Effect of endurance exercise training and curcumin intake on central arterial hemodynamics in postmenopausal women: pilot study. *Am J Hypertens.* 2012;25(6):651–6.
32. McHugh M. The health benefits of cherries and potential applications in sports. *Scand J Med Sci Sports.* 2011;21(5):615–6.
33. Aptekmann NP, Cesar TB. Orange juice improved lipid profile and blood lactate of overweight middle-aged women subjected to aerobic training. *Maturitas.* 2010;67(4):343–7.
34. McAnulty LS, Nieman DC, Dumke CL, et al. Effect of blueberry ingestion on natural killer cell counts, oxidative stress, and inflammation prior to and after 2.5 h of running. *Appl Physiol Nutr Metab.* 2011;36(6):976–84.
35. Connolly DA, McHugh MP, Padilla-Zakour OI, Carlson L, Sayers SP. Efficacy of a tart cherry juice blend in preventing the symptoms of muscle damage. *Br J Sports Med.* 2006;40(8): 679–83.
36. Kuehl KS, Perrier ET, Elliot DL, Chesnutt JC. Efficacy of tart cherry juice in reducing muscle pain during running: a randomized controlled trial. *J Int Soc Sports Nutr.* 2010;7:17.
37. Howatson G, McHugh MP, Hill JA, et al. Influence of tart cherry juice on indices of recovery following marathon running. *Scand J Med Sci Sports.* 2010;20(6):843–52.
38. Tarazona-Díaz MP, Alacid F, Carrasco M, Martínez I, Aguayo E. Watermelon juice: potential functional drink for sore muscle relief in athletes. *J Agric Food Chem.* 2013;61(31):7522–8.
39. Mastaloudis A, Yu TW, O'Donnell RP, Frei B, Dashwood RH, Traber MG. Endurance exercise results in DNA damage as detected by the comet assay. *Free Radic Biol Med.* 2004;36(8):966–75.
40. Tsai K, Hsu TG, Hsu KM, et al. Oxidative DNA damage in human peripheral leukocytes induced by massive aerobic exercise. *Free Radic Biol Med.* 2001;31(11):1465–72.
41. Fogarty MC, Hughes CM, Burke G, et al. Exercise-induced lipid peroxidation: Implications for deoxyribonucleic acid damage and systemic free radical generation. *Environ Mol Mutagen.* 2011;52(1):35–42.
42. Childs A, Jacobs C, Kaminski T, Halliwell B, Leeuwenburgh C. Supplementation with vitamin C and N-acetyl-cysteine increases oxidative stress in humans after an acute muscle injury induced by eccentric exercise. *Free Radic Biol Med.* 2001;31(6):745–53.

43. Fogarty MC, Hughes CM, Burke G, Brown JC, Davison GW. Acute and chronic watercress supplementation attenuates exercise-induced peripheral mononuclear cell DNA damage and lipid peroxidation. *Br J Nutr.* 2013;109(2):293–301.
44. Trapp D, Knez W, Sinclair W. Could a vegetarian diet reduce exercise-induced oxidative stress? A review of the literature. *J Sports Sci.* 2010;28(12):1261–8.
45. U.S. Office of Disease Prevention and Health Promotion. 2008 Physical Activity Guidelines for Americans. <http://www.health.gov/paguidelines/pdf/paguide.pdf>. Accessed April 22, 2015.
46. U.S. Surgeon General. Physical activity and health—a report of the Surgeon General. <http://www.cdc.gov/nccdphp/sgr/pdf/sgrfull.pdf>. November 17, 1999. Accessed April 22, 2015.
47. Pate RR, Pratt M, Blair SN, et al. Physical activity and public health. A recommendation from the Centers for Disease Control and Prevention and the American College of Sports Medicine. *JAMA.* 1995;273(5):402–7.
48. U.S. Office of Disease Prevention and Health Promotion. 2008 Physical Activity Guidelines for Americans. <http://www.health.gov/paguidelines/pdf/paguide.pdf>. Accessed April 22, 2015.
49. Samitz G, Egger M, Zwahlen M. Domains of physical activity and all-cause mortality: systematic review and dose-response meta-analysis of cohort studies. *Int J Epidemiol.* 2011;40(5): 1382–400.
50. Woodcock J, Franco OH, Orsini N, Roberts I. Non-vigorous physical activity and all-cause mortality: systematic review and meta-analysis of cohort studies. *Int J Epidemiol.* 2011;40(1): 121–38.
51. Samitz G, Egger M, Zwahlen M. Domains of physical activity and all-cause mortality: systematic review and dose-response meta-analysis of cohort studies. *Int J Epidemiol.* 2011;40(5): 1382–400.
52. Samitz G, Egger M, Zwahlen M. Domains of physical activity and all-cause mortality: systematic review and dose-response meta-analysis of cohort studies. *Int J Epidemiol.* 2011;40(5): 1382–400.
53. Centers for Disease Control and Prevention (CDC). Adult participation in aerobic and musclestrengthening physical activities—United States, 2011. *MMWR Morb Mortal Wkly Rep.* 2013; 62(17): 326–30.

Заключение

1. Shimizu N, Iwamoto M, Nakano Y, et al. Long-term electrocardiographic follow-up from childhood of an adult patient with Brugada syndrome associated with sick sinus syndrome. *Circ J.* 2009;73(3):575–9.
2. Lacunza J, San Román I, Moreno S, García-Molina E, Gimeno J, Valdés M. Heat stroke, an unusual trigger of Brugada electrocardiogram. *Am J Emerg Med.* 2009;27(5):634.e1–3.
3. Smith J, Hannah A, Birnie DH. Effect of temperature on the Brugada ECG. *Heart.* 2003; 89(3):272.
4. Dillehay TD, Rossen J, Ugent D, et al. Early Holocene coca chewing in northern Peru. *Antiquity.* 2010;84(326):939–53.
5. Iozzo P, Guiducci L, Guzzardi MA, Pagotto U. Brain PET imaging in obesity and food addiction: current evidence and hypothesis. *Obes Facts.* 2012;5(2):155–64.
6. Volkow ND, Wang GJ, Fowler JS, Tomasi D, Baler R. Food and drug reward: overlapping circuits in human obesity and addiction. *Curr Top Behav Neurosci.* 2012;11:1–24.
7. Volkow ND, Wang GJ, Tomasi D, Baler RD. Obesity and addiction: neurobiological overlaps. *Obes Rev.* 2013;14(1):2–18.

8. Frank S, Linder K, Kullmann S, et al. Fat intake modulates cerebral blood flow in homeostatic and gustatory brain areas in humans. *Am J Clin Nutr.* 2012;95(6):1342–9.
9. Smeets PA, de Graaf C, Stafl eu A, van Osch MJ, van der Grond J. Functional MRI of human hypothalamic responses following glucose ingestion. *Neuroimage.* 2005;24(2):363–8.
10. Burger KS, Stice E. Frequent ice cream consumption is associated with reduced striatal response to receipt of an ice cream-based milkshake. *Am J Clin Nutr.* 2012;95(4):810–7.
11. Burger KS, Stice E. Frequent ice cream consumption is associated with reduced striatal response to receipt of an ice cream-based milkshake. *Am J Clin Nutr.* 2012;95(4):810–7.
12. Albayrak Ø, Wølfle SM, Hebebrand J. Does food addiction exist? A phenomenological discussion based on the psychiatric classification of substance-related disorders and addiction. *Obes Facts.* 2012;5(2):165–79.
13. Lisle DJ, Goldhamer A. *The Pleasure Trap: Mastering the Hidden Force That Undermines Health & Happiness.* Summertown, TN: Book Publishing Company; 2007.
14. Grosshans M, Loeber S, Kiefer F. Implications from addiction research toward the understanding and treatment of obesity. *Addict Biol.* 2011;16(2):189–98.
15. Drewnowski A, Krahn DD, Demitrack MA, Nairn K, Gosnell BA. Taste responses and preferences for sweet high-fat foods: evidence for opioid involvement. *Physiol Behav.* 1992;51(2):371–9.
16. Wang GJ, Volkow ND, Thanos PK, Fowler JS. Imaging of brain dopamine pathways: implications for understanding obesity. *J Addict Med.* 2009;3(1):8–18.
17. Garavan H, Pankiewicz J, Bloom A, et al. Cue-induced cocaine craving: neuroanatomical specificity for drug users and drug stimuli. *Am J Psychiatry.* 2000;157(11):1789–98.
18. Martin-Sölich C, Magyar S, König G, Missimer J, Schultz W, Leenders KL. Changes in brain activation associated with reward processing in smokers and nonsmokers. A positron emission tomography study. *Exp Brain Res.* 2001;139(3):278–86.
19. Kelly J. Heal thyself. *University of Chicago Magazine.* Jan–Feb 2015. <http://mag.uchicago.edu/science-medicine/heal-thyself>. Accessed March 31, 2015.

Приложение: добавки

1. Farmer B, Larson BT, Fulgoni VL III, Rainville AJ, Liepa GU. A vegetarian dietary pattern as a nutrient-dense approach to weight management: an analysis of the National Health and Nutrition Examination Survey 1999–2004. *J Am Diet Assoc.* 2011;111(6):819–27.
2. Clarys P, Deliens T, Huybrechts I, et al. Comparison of nutritional quality of the vegan, vegetarian, semi-vegetarian, pesco-vegetarian and omnivorous diet. *Nutrients.* 2014;6(3):1318–32.
3. Pawlak R, Parrott SJ, Raj S, Cullum-Dugan D, Lucas D. How prevalent is vitamin B(12) deficiency among vegetarians? *Nutr Rev.* 2013;71(2):110–7.
4. Mądry E, Lisowska A, Grebowiec P, Walkowiak J. The impact of vegan diet on B-12 status in healthy omnivores: five-year prospective study. *Acta Sci Pol Technol Aliment.* 2012;11(2):209–13.
5. Brocadello F, Levedianos G, Piccione F, Manara R, Pesenti FF. Irreversible subacute sclerotic combined degeneration of the spinal cord in a vegan subject. *Nutrition.* 2007;23(7–8):622–4.

6. Kuo SC, Yeh CB, Yeh YWY, Tzeng NS. Schizophrenia-like psychotic episode precipitated by cobalamin deficiency. *Gen Hosp Psychiatry*. 2009;31(6):586–8.
7. Milea D, Cassoux N, LeHoang P. Blindness in a strict vegan. *N Engl J Med*. 2000;342(12): 897–8.
8. Haler D. Death after vegan diet. *Lancet*. 1968;2(7560):170.
9. Roschitz B, Plecko B, Huemer M, Biebl A, Foerster H, Sperl W. Nutritional infantile vitamin B12 deficiency: pathobiochemical considerations in seven patients. *Arch Dis Child Fetal Neonatal Ed*. 2005;90(3):F281–2.
10. NutraBulk vitamin B-12 sublingual 2500mcg tablets. <https://nutrabulk.com/nutrabulk-vitamin-b-12-2500mcg-sublingual-tablets-1000-count.html>. Accessed September 3, 2015.
11. Pawlak R, Parrott SJ, Raj S, Cullum-Dugan D, Lucas D. How prevalent is vitamin B(12) deficiency among vegetarians? *Nutr Rev*. 2013;71(2):110–7.
12. Donaldson MS. Metabolic vitamin B12 status on a mostly raw vegan diet with follow-up using tablets, nutritional yeast, or probiotic supplements. *Ann Nutr Metab*. 2000;44(5–6):229–34.
13. Institute of Medicine. Dietary reference intakes for thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, pantothenic acid, biotin, and choline. Washington, D.C.: National Academy Press, 1998.
14. Eussen SJ, de Groot LC, Clarke R, et al. Oral cyanocobalamin supplementation in older people with vitamin B12 deficiency: a dose-finding trial. *Arch Intern Med*. 2005;165(10):1167–72.
15. Hill MH, Flatley JE, Barker ME, et al. A vitamin B-12 supplement of 500 µg/d for eight weeks does not normalize urinary methylmalonic acid or other biomarkers of vitamin B-12 status in elderly people with moderately poor vitamin B-12 status. *J Nutr*. 2013 Feb;143(2):142–7.
16. Bor MV, von Castel-Roberts KM, Kauwell GPA, et al. Daily intake of 4 to 7 µg dietary vitamin B-12 is associated with steady concentrations of vitamin B-12-related biomarkers in a healthy young population. *Am J Clin Nutr*. 2010;91(3):571–7.
17. Heyssel RM, Bozian RC, Darby WJ, Bell MC. Vitamin B12 turnover in man. The assimilation of vitamin B12 from natural foodstuff by man and estimates of minimal daily dietary requirements. *Am J Clin Nutr*. 1966;18(3):176–84.
18. Bischoff-Ferrari HA. Optimal serum 25-hydroxyvitamin D levels for multiple health outcomes. *Adv Exp Med Biol*. 2014;810:500–25.
19. Mulligan GB, Licata A. Taking vitamin D with the largest meal improves absorption and results in higher serum levels of 25-hydroxyvitamin D. *J Bone Miner Res*. 2010;25(4):928–30.
20. Harris SS. Vitamin D and African Americans. *J Nutr*. 2006;136(4):1126–9.
21. Holick MF, Matsuoka LY, Wortsman J. Age, vitamin D, and solar ultraviolet. *Lancet*. 1989; 2(8671):1104–5.
22. Wacker M, Holick MF. Sunlight and vitamin D: a global perspective for health. *Dermatoendocrinol*. 2013;5(1):51–108.
23. Wacker M, Holick MF. Sunlight and vitamin D: a global perspective for health. *Dermatoendocrinol*. 2013;5(1):51–108.
24. Langdahl JH, Schierbeck LL, Bang UC, Jensen JEB. Changes in serum 25-hydroxyvitamin D and cholecalciferol after one whole-body exposure in a commercial tanning bed: a randomized study. *Endocrine*. 2012;42(2):430–5.

25. O’Sullivan NA, Tait CP. Tanning bed and nail lamp use and the risk of cutaneous malignancy: a review of the literature. *Australas J Dermatol.* 2014;55(2):99–106.
26. Levine JA, Sorace M, Spencer J, Siegel DM. The indoor UV tanning industry: a review of skin cancer risk, health benefit claims, and regulation. *J Am Acad Dermatol.* 2005;53(6):1038–44.
27. Moan J, Grigalavicius M, Dahlback A, Baturaite Z, Juzeniene A. Ultraviolet-radiation and health: optimal time for sun exposure. *Adv Exp Med Biol.* 2014;810:423–8.
28. Dasgupta PK, Liu Y, Dyke JV. Iodine nutrition: iodine content of iodized salt in the United States. *Environ Sci Technol.* 2008;42(4):1315–23.
29. Lim SS, Vos T, Flaxman AD, et al. A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990–2010: a systematic analysis for the Global Burden of Disease Study 2010. *Lancet.* 2012;380(9859):2224–60.
30. Leung AM, Braverman LE, Pearce EN. History of U.S. iodine fortification and supplementation. *Nutrients.* 2012;4(11):1740–6.
31. Teas J, Pino S, Critchley A, Braverman LE. Variability of iodine content in common commercially available edible seaweeds. *Thyroid.* 2004;14(10):836–41.
32. Rose M, Lewis J, Langford N, et al. Arsenic in seaweed forms, concentration and dietary exposure. *Food Chem Toxicol.* 2007;45(7):1263–7.
33. Teas J, Pino S, Critchley A, Braverman LE. Variability of iodine content in common commercially available edible seaweeds. *Thyroid.* 2004;14(10):836–41.
34. Di Matola T, Zeppa P, Gasperi M, Vitale M. Thyroid dysfunction following a kelp-containing marketed diet. *BMJ Case Rep.* 2014;bcr2014206330.
35. Greger M. Do Eden beans have too much iodine? <http://nutritionfacts.org/2012/07/05/do-eden-beans-have-too-much-iodine/>. Published July 5, 2012. Accessed April 20, 2015.
36. Tonstad S, Nathan E, Oda K, Fraser G. Vegan diets and hypothyroidism. *Nutrients.* 2013; 5(11):4642–52.
37. Leung AM, LaMar A, He X, Braverman LE, Pearce EN. Iodine status and thyroid function of Boston-area vegetarians and vegans. *J Clin Endocrinol Metab.* 2011;96(8):E1303–7.
38. Shaikh MG, Anderson JM, Hall SK, Jackson MA. Transient neonatal hypothyroidism due to a maternal vegan diet. *J Pediatr Endocrinol Metab.* 2003;16(1):111–3.
39. Becker DV, Braverman LE, Delange F, et al. Iodine supplementation for pregnancy and lactation—United States and Canada: recommendations of the American Thyroid Association. *Thyroid.* 2006;16(10):949–51.
40. Vannice G, Rasmussen H. Position of the Academy of Nutrition and Dietetics: dietary fatty acids for healthy adults. *J Acad Nutr Diet.* 2014;114(1):136–53.
41. Harris WS. Achieving optimal n-3 fatty acid status: the vegetarian’s challenge...or not. *Am J Clin Nutr.* 2014;100 Suppl 1:449S–52S.
42. Sarter B, Kelsey KS, Schwartz TA, Harris WS. Blood docosahexaenoic acid and eicosapentaenoic acid in vegans: associations with age and gender and effects of an algal-derived omega-3 fatty acid supplement. *Clin Nutr.* 2015;34(2):212–8.

43. Bourdon JA, Bazinet TM, Arnason TT, Kimpe LE, Blais JM, White PA. Polychlorinated biphenyls (PCBs) contamination and aryl hydrocarbon receptor (AhR) agonist activity of omega-3 poly-unsaturated fatty acid supplements: implications for daily intake of dioxins and PCBs. *Food Chem Toxicol.* 2010;48(11):3093–7.
44. Yokoo EM, Valente JG, Grattan L, Schmidt SL, Platt I, Silbergeld EK. Low level methylmercury exposure affects neuropsychological function in adults. *Environ Health.* 2003;2(1):8.
45. Chang JW, Pai MC, Chen HL, Guo HR, Su HJ, Lee CC. Cognitive function and blood methylmercury in adults living near a deserted chloralkali factory. *Environ Res.* 2008;108(3):334–9.
46. Masley SC, Masley LV, Gaultierei T. Effect of mercury levels and seafood intake on cognitive function in middle-aged adults. *Integr Med.* 2012;11(3):32–40.
47. Arterburn LM, Oken HA, Hoffman JP, et al. Bioequivalence of docosahexaenoic acid from different algal oils in capsules and in a DHA-fortified food. *Lipids.* 2007;42(11):1011–24.
48. Greene J, Ashburn SM, Razzouk L, Smith DA. Fish oils, coronary heart disease, and the environment. *Am J Public Health.* 2013;103(9):1568–76.
49. Lane K, Derbyshire E, Li W, Brennan C. Bioavailability and potential uses of vegetarian sources of omega-3 fatty acids: a review of the literature. *Crit Rev Food Sci Nutr.* 2014;54(5):572–9.
50. Witte AV, Kerti L, Hermannstädter HM, et al. Long-chain omega-3 fatty acids improve brain function and structure in older adults. *Cereb Cortex.* 2014;24(11):3059–68.
51. Farmer B, Larson BT, Fulgoni VL, Rainville AJ, Liepa GU. A vegetarian dietary pattern as a nutrient-dense approach to weight management: an analysis of the National Health and Nutrition Examination Survey 1999–2004. *J Am Diet Assoc.* 2011;111(6):819–27.
52. Moshfegh A, Goldman J, Cleveland L. What we eat in America, NHANES 2001–2002: usual nutrient intakes from food compared to dietary reference intakes. U.S. Department of Agriculture, Agricultural Research Service 2005.
53. Cogswell ME, Zhang Z, Carriquiry AL, et al. Sodium and potassium intakes among US adults: NHANES 2003–2008. *Am J Clin Nutr.* 2012;96(3):647–57.
54. Davis B, Melina V. *Becoming Vegan: The Complete Guide to Adopting a Plant-Based Diet (Comprehensive Edition)*. Summertown, TN: Book Publishing Company; 2014.
55. Craig WJ, Mangels AR. Position of the American Dietetic Association: vegetarian diets. *J Am Diet Assoc.* 2009;109(7):1266–82.
56. Spock B. Good nutrition for kids. *Good Medicine.* 1998;7(2).