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Altri autori (Persone)	BradyMaeve
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Nota di contenuto	Intro -- Editorial advisory board -- Sodium: high blood pressure and research needs -- Sodium: survey of the usage and functionality of salt as an ingredient in UK manufactured food products -- Sodium: technological functions of salt in the manufacturing of food and drink products.
Sommario/riassunto	Researchers have assessed the effects of different diets on blood pressure. Recent findings indicate that a low fat diet, rich in fruit and vegetables, can significantly lower blood pressure, particularly in those with established hypertension but also in those with high normal blood pressure who may be at risk of developing hypertension (Appel et al.