

Food Microbiology and Food Market

March 20-21, 2019 | New York, USA

KEYNOTE FORUM | DAY 1

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Food and nutrition: Prevent heart disease with food

Cardiovascular disease (CVD) is the global leading cause of death, with an average of 1 in 4 people dying from heart disease annually in the United States. The World Health Organization (WHO) estimates that 75% of deaths from CVD can be decreased by lifestyle management. One in three Americans have a risk factor for heart disease that can be prevented. Preventable risk factors include abnormal lipid panel, particularly small, dense LDL particles; being overweight or obese, especially when the weight is concentrated in the

abdominal region; high blood pressure; uncontrolled diabetes; physical inactivity; smoking; and high stress and anger levels.

The American Heart Association states that 99% of Americans need to improve their heart health. This lecture will focus on reviewing the latest research on food and nutrients that may protect the heart and prevent heart disease.

Biography

Michelle Routhenstein is the owner and President of Entirely Nourished LLC, a nutrition counseling and consulting private practice based in New York City. She is a Preventive Cardiology Dietitian, Registered Dietitian Nutritionist, and Certified Diabetes Educator. She graduated with a M.S. in Clinical Nutrition from NYU and completed her dietetic residency at NYU. She has over 10 years of experience counseling patients on chronic disease prevention and



Michelle Routhenstein
President of Entirely Nourished LLC,
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management. Mrs. Routhenstein, alongside a team of doctors and scientists, developed a risk assessment and telemedicine prevention program for individuals who are at high risk for cardiovascular disease based on modifiable lifestyle medicine factors.

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