

**Table 1 | Eight dietary priorities to halve cardiovascular mortality in the US and globally\***

Target changes and benefits	Reduction in relative risk of cardiovascular mortality (%)	Estimated fewer global cardiovascular deaths (range) in millions
<b>Reasonable target change</b>		
Increase fruits by 1 serving/day	~8	1.6 (0.8-2.0)
Increase vegetables by 1 serving/day	~7	1.4 (0.7-1.8)
Increase whole grains by 1 serving/day	~10	2.0 (1.0-2.5)
Increase nuts by 2 servings/week	~11	2.2 (1.1-2.8)
Increase vegetable oils by 1.5 servings/day	~5	1.0 (0.5-1.3)
Increase seafood omega-3 fatty acids by 50 mg/day	~5	1.0 (0.5-1.3)
Reduce sodium by 0.8 g/day	~6	1.2 (0.6-1.5)
Reduce industrial trans fats by 1% energy	~7	1.4 (0.7 to 1.8)
<b>Benefits</b>		
Total benefits per year (multiplicative risk reduction)	~52	10.4 (5.2-13)
Total benefits over 3 years		30 (15.6-39)

\*See the full web version of this table for more details.