

Satellite Symposium for Euro Global Summit & Medicare Expo on

# Weight Loss



## Mediterranean diet in prevention of cardiovascular disease and obesity

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Food contains nutrients and biologically active substances which are important for growth and development, for proper metabolic functioning and they also affect the vitality and immunity from certain diseases. Proper diet involves daily use of various food in quantities that satisfy our real needs of proteins, fats, carbohydrates, minerals, vitamins, enzymes and other biologically active compounds that regulate our metabolism. If we enter more than the necessary amounts of food we risk to increase our body mass and become susceptible to a range of chronic diseases that are characteristic of people with overweight such as cardiovascular diseases, stroke and diabetes mellitus type 2.

The Mediterranean diet is a set of dietary habits which if we practice them they can become a real source of health and protect against the aforementioned diseases which today are constantly increasing due to consumption of fast food meals that are full with trans fatty acids. The prevalence of cardiovascular diseases is 61% of all cause morbidity in Macedonia (2014). Research has shown that the traditional Mediterranean diet reduces the risk of heart disease. In fact, an analysis of more than 1,5 million healthy adults demonstrated that following a Mediterranean diet you can reduce the risk of death from heart disease and cancer, as well as you can protect yourself from Parkinson's and Alzheimer's diseases.

### Biography

Marija Madjovska is a student of Food and Nutrition Study, Faculty of Technology and Technical Sciences – Veles at the University of Bitola "St. Clement of Ohrid". She has attended practice in the company for the production of healthy food. She is communicative, social, worthy and responsible person. This is her first presentation on the Euro Global Summit & Medicare Expo on "Innovative weight loss approaches to overcome health risks associated with obesity".

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