

**Utilization of Diet on the Development of Coronary Artery Disease**

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### Abstract

Diets such as Dietary Approaches to Stop Hypertension (D.A.S.H.) and Mediterranean focus on foods with low amounts of saturated fats to lower blood lipid levels. In the general population, adherence to healthy dietary patterns has been connected to a lower risk of coronary artery disease. Coronary artery disease is the number one cause of death globally (World Health Organization, 2020). The D.A.S.H. diet primarily focuses on low intake of meats/sweetened beverages and replaces full-fat with low-fat dairy products. The Mediterranean diet focuses on limited intake of meat and added sugars and increased intake of vegetables, fish proteins, and nuts. The primary question investigated asked in adults with high cholesterol, what is the effect of consuming a Mediterranean diet compared to the D.A.S.H. diet in the development of coronary artery disease? Databases used in this literature search include CINAHL, PubMed, and Nursing Reference Center. In total 971 results were identified across these databases using keywords *D.A.S.H.*, *Mediterranean*, *coronary artery disease*, and *atherosclerosis*. Articles were limited to peer-reviewed primary research studies or systematic reviews with a publication date after 2018. This narrowed the results to 12 sources to be used in our analysis. Overall, there was not sufficient data to support that one diet may be more effective than the other. The literature showed that the D.A.S.H. diet or the Mediterranean diet were equally effective in lowering the development of coronary artery disease.

*Key Words:* D.A.S.H., Mediterranean, coronary artery disease, atherosclerosis

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