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lifestyle in any part of the world is associated with the occurrence of major chronic diseases including coronary heart disease hypertension and stroke many distinct types of cancer and adult onset diabetes 11 22 70 75 one important element of lifestyle is tobacco use which appreciably increases the risk of a number of chronic diseases 21 other lifestyle factors relate to nutritional traditions alcohol use and exercise 11 30 58 60 70 71 the underlying evidence is in part based on the evidence of specific diseases in relation to dietary habits in a given geographic region as well as changes in such disease occurrences in migrant populations from a low risk to a high risk area and vice versa 25 42 populations that customarily consume fruits and vegetables and also whole grain cereal products generally have a lower risk of cardiovascular diseases and specific types of cancer than populations with a lower intake of such foods everything else being equal 63 in the last few years research has provided mechanistic explanations as to the reasons for the protective effects of specific foods this paper will emphasize the mechanisms whereby cancer risks are reduced by dietary modification

prior to 1862 when the department of agriculture was established the report on agriculture was prepared and published by the commissioner of patents and forms volume or part of volume of his annual reports the first being that of 1840 cf checklist of public documents washington 1895 p 148

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