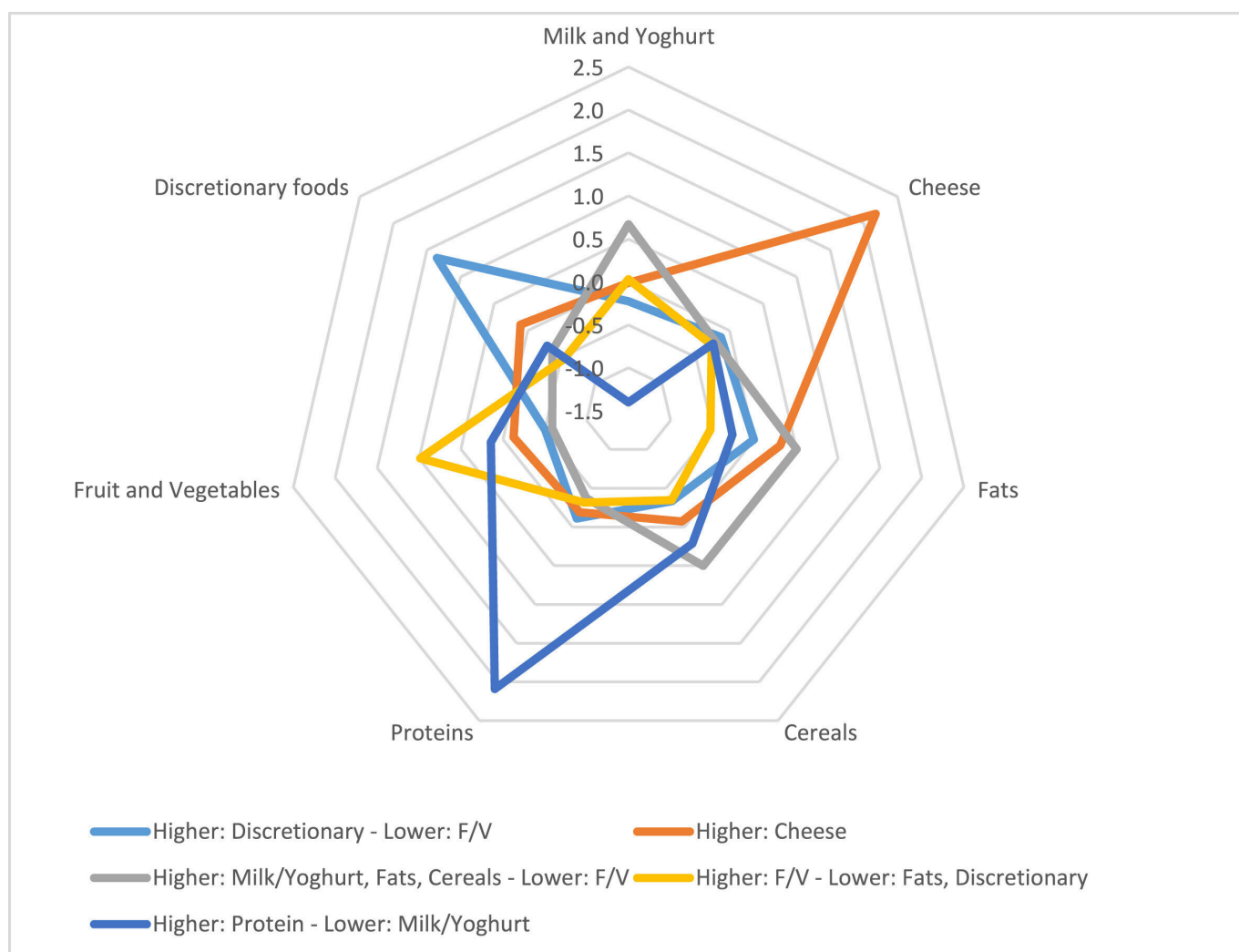


According to the largest analysis of long-term data on women's nutrition, published in The Journal of Nutrition, Australian women who mainly eat in accordance with national dietary guidelines or follow a Mediterranean diet are 70% more likely to reach the ages of 75–79 compared to those who eat less healthily.

The national review examined dietary nutrition and health outcomes over 17 years for a group of 9,584 women born in 1946–1951 from the Australian Longitudinal Study on Women's Health (ALSWH). At the time of the final data collection, participants were 74–79 years old. This study was also conducted by the George Institute for Global Health and the University of Newcastle (Australia) together.



The most significant finding of the new study was that diets more closely aligned with current Australian dietary guidelines or the Mediterranean diet reduced the risk of death by

40% compared to poorer diets. The main causes of death in the study were oncological diseases.

The main causes of death in the studied population were breast cancer (85 women, or 13%) and lung cancer (80 women, or 12%). For 56 participants (8.5% of deaths