**Table1**

## Healthy diet characteristics, adapted from the ESC guideline 2016[13]

- Saturated fatty acids to account for < 10% of total energy intake through replacement with polyunsaturated fatty acids
- Trans-unsaturated fatty acids: as little as possible, preferably no intake from processed food and < 1% of total energy intake from a natural origin
- < 5 g of salt per day
- 30-45 g of fibre per day, preferably from wholegrain products
- ≥ 200 g of fruit per day (2-3 servings)
- ≥ 200 g of vegetables per day (2-3 servings)
- Fish 1-2 times per week, one of which is oily fish
- 30 g unsalted nuts per day
- Alcoholic beverages should be limited to 2 glasses per day (defined as 20 g/d of alcohol) for men and 1 glass per day (defined as 10 g/d of alcohol) for women
- Sugar-sweetened soft drinks should be discouraged