

Mayo Clinic Minute: The relationship between food and disease is stronger than you may think

| Video | Audio |
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| | Things like smoking and genetics put us at risk for developing different diseases, but neither is the biggest risk factor. |
| Stephen Kopecky, M.D. Cardiovascular Disease Mayo Clinic | "Nutrition is now the No. 1 cause of early death and early disease in our country and the world." |
| | Dr. Kopecky says having genes for disease will increase your risk by 30% to 40%, but having a bad lifestyle for disease will increase your risk by 300% to 400%. |
| | "About 57% of the calories we consume every day in this country are ultraprocessed foods." |
| | While ultraprocessed foods tend to be convenient and cost-effective, they are very inflammatory and can cause a host of health issues over time. |
| | "It bothers our tissues. It bothers our heart. It bothers our arteries, our brains, our pancreas, our liver and our lungs — and that leads to disease. It could be in the brain as Alzheimer's, in the heart as coronary artery disease or as cancers elsewhere." |
| | The good news is it's never too late to change your eating habits, and no change is too small. |
| | "It's been shown if you take one bite of say a processed meat or ultraprocessed food, replace that with some unprocessed food or a healthier choice, you know vegetables and black beans, after a year or two that will actually lower your risk of heart attack and stroke." |
| | For the Mayo Clinic News Network, I'm DeeDee Stiepan. |