



This newsletter has been written to inform you of the results of the AVAG study. Since the study ended we have been busy analysing the large quantities of data and are currently in the process of publishing our results in scientific journals. Below is an overview of what we did, why we did it and what we found out

Background of the AVAG study

Cardiovascular disease (CVD) is the no. 1 cause of death in the UK. Our risk of developing CVD is influenced by diet. Many studies have shown that a regular consumption of fruits and vegetables may

