

**EFFECTS OF OKINAWAN DIET ON THE
BIOMARKERS OF CARDIOVASCULAR
DISEASES**

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ABSTRACT

Okinawan diet and dietary habit are considered most important contributing factors for health and longevity in Okinawa, populations that have the best health and greatest longevity in the world. The prevalence of chronic diseases particularly cardiovascular diseases (CVD) are also among the lowest in the world. Traditional Okinawan diet is low in energy and often referred as caloric restricted, but yet nutritionally dense and high anti-inflammatory. This structured review was done to perform a comprehensive review regarding the effects of Okinawan diet on the biomarkers of cardiovascular disease. A systematic search was done using Medline (PubMed, Ovid) and Cochrane database. The keywords were Okinawan diet, cardiovascular diseases and biomarkers. Finally, five articles were included for analysis. Dietary interventions by Okinawan diet had shown positive effects in biomarkers for cardiovascular diseases particularly reduction in blood pressure, low-density lipoproteins (LDLs) and homocysteine level. These finding raise the possibility of Okinawan diet to be a new dietary model for improving cardiovascular health and subsequently preventing cardiovascular disease.