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(54) Title: DIETS AND COMPOSITIONS FOR IMPROVING OR MAINTAINING CARDIOVASCULAR HEALTH

(57) Abstract: The present invention provides a diet, and a nutritional composition or supplement, for use in improving or maintaining cardiovascular health in a subject, wherein the diet, or the nutritional composition or supplement, comprises a total energy intake of 16.0 MJ/day or less, and wherein the diet comprises from 10 E% to 35 E% protein, from 8 E% to 22 E% fat, and from 55 E% to 80 E% carbohydrate.