

# Clinical trials of Mediterranean diet with nuts

TrialResults-center [www.trialresultscenter.org](http://www.trialresultscenter.org)

## 1 cardiovascular prevention

Trial	Treatments	Patients	Trials design and methods
<b>Mediterranean diet with nuts vs control</b>			
<b>PREDIMED (nuts) , 2013</b> [ISRCTN35739639] n=2454/2450 follow-up: 4.8 years	Mediterranean diet supplemented with mixed nuts versus control diet (advice to reduce dietary fat)	participants who were at high cardiovascular risk, but with no cardiovascular disease	open Spain

More details and results :

- lifestyle intervention for cardiovascular prevention in all type of patients at <http://www.trialresultscenter.org/go-Q282>
- diet for cardiovascular prevention in all type of patients at <http://www.trialresultscenter.org/go-Q568>

## References

### **PREDIMED (nuts), 2013:**

Estruch R, Ros E, Salas-Salvad J, Covas MI, D Pharm, Corella D, Ars F, Gmez-Gracia E, Ruiz-Gutierrez V, Fiol M, Lapetra J, Lamuela-Raventos RM, Serra-Majem L, Pint X, Basora J, Muoz MA, Sorl JV, Martnez JA, Martnez-Gonzlez MA Primary Prevention of Cardiovascular Disease with a Mediterranean Diet. N Engl J Med 2013 Feb 25;: [23432189] [10.1056/NEJMoa1200303](https://doi.org/10.1056/NEJMoa1200303)