

Clinical trials of Mediterranean diet

TrialResults-center www.trialresultscenter.org

1 cardiovascular prevention

| Trial | Treatments | Patients | Trials design and methods |
|---|---|---|----------------------------------|
| Mediterranean diet vs control | | | |
| Lyon n=302/303 follow-up: | - | - | |
| Mediterranean diet with EOVV vs control | | | |
| PREDIMED (olive oil) , 2013 [ISRCTN35739639] n=2543/2450 follow-up: 4.8 years | Mediterranean diet supplemented with extra-virgin olive oil versus control diet (advice to reduce dietary fat) | participants who were at high cardiovascular risk, but with no cardiovascular disease | Parallel groups open Spain |
| Mediterranean diet with nuts vs control | | | |
| PREDIMED (nuts) , 2013 [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

Lyon, :

de Lorgeril M, Renaud S, Mamelle N, Salen P, Martin JL, Monjaud I, Guidollet J, Touboul P, Delaye J Mediterranean alpha-linolenic acid-rich diet in secondary prevention of coronary heart disease. Lancet 1994;343:1454-9 [7911176]

De Lorgeril M, Salen P, Martin JL, Mamelle N, Monjaud I, Touboul P, Delaye J Effect of a mediterranean type of diet on the rate of cardiovascular complications in patients with coronary artery disease. Insights into the cardioprotective effect of certain nutriments. J Am Coll Cardiol 1996;28:1103-8 [8890801] [10.1016/S0735-1097\(96\)00280-X](https://doi.org/10.1016/S0735-1097(96)00280-X)

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