

# Clinical trials of Mediterranean diet

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## 1 cardiovascular prevention

| Trial   | Treatments  | Patients  | Trials design and methods        |
|---|---|---|----------------------------------|
| <b>Mediterranean diet vs control</b>  |   |   |                                  |
| Lyon<br>n=302/303<br>follow-up:   | -   | -   |                                  |
| <b>Mediterranean diet with EOVV vs control</b>  |   |   |                                  |
| PREDIMED (olive oil) ,<br>2013<br>[ISRCTN35739639]<br>n=2543/2450<br>follow-up: 4.8 years | Mediterranean diet supplemented with<br>extra-virgin olive oil<br>versus<br>control diet (advice to reduce dietary fat) | participants who were at high<br>cardiovascular risk, but with no<br>cardiovascular disease | Parallel groups<br>open<br>Spain |
| <b>Mediterranean diet with nuts vs control</b>  |   |   |                                  |
| PREDIMED (nuts) , 2013<br>[ISRCTN35739639]<br>n=2454/2450<br>follow-up: 4.8 years         | Mediterranean diet supplemented with<br>mixed nuts<br>versus<br>control diet (advice to reduce dietary fat)             | participants who were at high<br>cardiovascular risk, but with no<br>cardiovascular disease | open<br>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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**PREDIMED (olive oil), 2013:**

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**PREDIMED (nuts), 2013:**

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