

# 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 n=302/303 follow-up:	-	-	
<b>Mediterranean diet with EOVV vs control</b>			
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
<b>Mediterranean diet with nuts vs control</b>			
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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**PREDIMED (olive oil), 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](#)

**PREDIMED (nuts), 2013:**

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