

Clinical trials of diet

TrialResults-center www.trialresultscenter.org

1 post myocardial infarction

Trial	Treatments	Patients	Trials design and methods
low fat diet vs mediterranean-style diet			
Tuttle , 2008 n=NA follow-up: 24 months	low-fat versus Mediterranean-style diets	First MI survivors	Parallel groups open

More details and results :

- cholesterol lowering intervention for post myocardial infarction in all type of patients at <http://www.trialresultscenter.org/go-Q45>

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Tuttle, 2008:

Tuttle KR, Shuler LA, Packard DP, Milton JE, Daratha KB, Bibus DM, Short RA Comparison of low-fat versus Mediterranean-style dietary intervention after first myocardial infarction (from The Heart Institute of Spokane Diet Intervention and Evaluation Trial). Am J Cardiol 2008;101:1523-30 [[18489927](#)]

2 cardiovascular prevention

Trial	Treatments	Patients	Trials design and methods
diet vs control			
NORDIET n=45/43 follow-up:	healthy Nordic diet versus control diet (subjects usualWestern diet)	mildly hypercholesterolaemic subjects	Sweden
BARON n=NA	-	-	
HPT n=NA	-	-	
Kumanyika n=NA	-	-	

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Trial	Treatments	Patients	Trials design and methods
TAIM n=NA	-	-	
DISH n=NA	-	-	
Burr (DART 2) , 2003 n=1571/1543 follow-up: 36-108 months	dietary advice (to eat more oily fish) versus No such dietary advice or capsules	men being treated for angina	Parallel groups open UK
Burr (DART) , 1989 n=1015/1018 follow-up: 24 months	dietary advice (to eat more oily fish) versus No such dietary advice or capsulesish)ag	post-MI	Parallel groups open UK
Mate-Jimenez , 1991 n=19/19 follow-up: 24months	diet advice versus no advice	people with inactive Crohns disease	Parallel groups open with blind assessment Spain
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
diet vs usual diet			
Black , 1994 n=56/55 follow-up: 2.0 years	diet with 20 percent of total caloric intake as fat versus usual diet	patients with nonmelanoma skin cancer	Parallel groups open
DART (Burr) , 1989 n=NA follow-up: 2 years	diet advice versus usual diet	men who had recovered from MI	Factorial plan open, blind assessment

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Trial	Treatments	Patients	Trials design and methods
Finnish Mental Hospital (Miettinen) , 1985 n=612/610 follow-up: 6.0 years	cholesterol-lowering diet (low in saturated fats and cholesterol and relatively high in polyunsaturated fats) versus usual diet	middle-aged institutionalized women without CHD	Cluster-randomized cross-ove open, blind assessment Finland
Finnish Mental Hospital (Turpeinen) , 1979 n=NA follow-up: 6.0 years	cholesterol-lowering diet (low in saturated fats and cholesterol and relatively high in polyunsaturated fats) versus usual diet	middle-aged institutionalized men without CHD	Cluster-randomized cross-ove open, blind assessment Finland
Goteborg , 1986 n=10004/20028 follow-up: 10 years	multifactorial intervention programme versus no intervention	men, 47-55 years old at entry	Parallel groups open Sweden
Gteborg (Wilhelmsen) , 1986 n=10004/20028 follow-up: 10.0 years	multifactorial intervention programme versus usual care	men, 47-55 years old at entry	Parallel groups open
Hjermann , 1981 n=604/628 follow-up: 6.5 years	diet versus usual diet	healthy, normotensive men at high risk of coronary heart disease	Parallel groups open Sweden
Kallio , 1979 n=188/187 follow-up: 3.0 years	diet (multifactorial intervention programme) versus usual diet	patients below 65 years who had an acute myocardial infarction	Parallel groups open
Los Angeles VA (Dayton) , 1969 n=424/422 follow-up: 65279;8.0 y	diet versus usual diet	men in domiciliary care, age>55, with or without CHD	Parallel groups double blind USA
Minnesota coronary survey (Frantz) , 1975 n=2197/2196 follow-up: 1.1 y (max 4.5y)	cholesterol lowering diet versus control diet	65279;Adult residents ofmental hospitals; no illness restrictions, no cholesterol concentration requirements	Parallel groups double-blind USA
MRC low fat , 1965 n=123/129 follow-up: 3 y	-	-	Parallel groups open

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Trial	Treatments	Patients	Trials design and methods
MRC Soya , 1968 n=199/194 follow-up: 3.5 y	Rgime pauvre en graisses satures + 85 g/j d'huile de soja versus usual diet	ambulatory men with recent MI	Parallel groups open, blind assessment
MRFIT , 1982 n=6428/6438 follow-up: 6.5 y	multifactor intervention program versus usual diet	high-risk men aged 35 to 57 years	Parallel groups open
Ornish , 1990 n=28/20 follow-up: 1.0 y	low-fat vegetarian diet, stopping smoking, stress management training, and moderate exercise versus usual-care	Patients with angiographically documented coronary artery disease	Parallel groups open USA
Oslo Diet Heart Study (Leren) , 1966 n=206/206 follow-up: 5 y (11y)	diet versus usual care	middle-aged ambulatory men with prior MI	Parallel groups open, blind assessment
Rose , 1965 n=28/26 follow-up: 1.2 years	Rgime restreint en graisses + 80 g/j huile de mas versus usual diet	men, <70 years	Parallel groups open
Singh , 1992 n=204/202 follow-up: 65279;2.0 years	strict diet versus usual diet	patients with suspected acute myocardial infarction	Parallel groups open
STARS (St Thomas, diet) , 1992 n=30/30 follow-up: 3.0 years	dietary advice versus usual diet	patients with angina or past myocardial infarction	open, blind assessment
Veterans Ad. (Dayton) , 1969 n=424/422 follow-up: 3.6 and 8 y	cholesterol lowering diet versus usual diet	men in domiciliary care, age>55, with or without CHD	Parallel groups double blind USA
WHI low fat , 2005 [NCT00000611] n=19541/29294 follow-up: 8.1y mean	dietary modification intervention to promote dietary change with the goals of reducing intake of total fat to 20% of energy and increasing consumption of vegetables and fruit to at least 5 servings daily and grains to at least 6 servings daily versus usual diet	postmenopausal women, aged 50 to 79 years, without prior breast cancer	Parallel groups open US

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Trial	Treatments	Patients	Trials design and methods
WHO Collaborative , 1986 n=30489/26971 follow-up: 5.5 years	multifactorial prevention versus usual diet	middle-aged men	Parallel groups open Belgium, Italy, Poland, UK
Woodhill , 1966 n=221/237 follow-up: <7 years	diet versus usual diet	men, 30-59 years	Parallel groups open
low fat diet vs mediterranean-style diet			
Tuttle , 2008 n=NA follow-up: 24 months	low-fat versus Mediterranean-style diets	First MI survivors	Parallel groups open

More details and results :

- cholesterol lowering intervention for cardiovascular prevention in patients with LDL elevation and without CHD at <http://www.trialresultscenter.org/go-Q5>
- cholesterol lowering intervention for cardiovascular prevention in patients with prior MI or with CHD at <http://www.trialresultscenter.org/go-Q12>
- omega-3 fatty acids for cardiovascular prevention in all type of patients at <http://www.trialresultscenter.org/go-Q121>
- omega-3 fatty acids for cardiovascular prevention in patients at high risk at <http://www.trialresultscenter.org/go-Q123>
- omega-3 fatty acids for cardiovascular prevention in pateints at low risk at <http://www.trialresultscenter.org/go-Q124>
- cholesterol lowering intervention for cardiovascular prevention in all chronical situations at <http://www.trialresultscenter.org/go-Q154>
- 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>
- statins for cardiovascular prevention in secondary prevention at <http://www.trialresultscenter.org/go-Q689>

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3 diabetes type 2

Trial	Treatments	Patients	Trials design and methods
AHA 2 diet vs AHA 1 diet			
Liao , 2002 n=70 follow-up: 22 months	American Heart Association (AHA) step 2 diet (<30% of total calories as fat, <7% saturated fat, 55% carbohydrate, and <200 mg cholesterol daily) plus endurance exercise for 1 h three times a week versus AHA step 1 diet (30% of total calories as fat, 10% saturated fat, 50% carbohydrate, and <300 mg cholesterol) plus stretching exercise three times a week	Japanese American subjects with impaired glucose tolerance (WHO criteria 1998)	Parallel groups open USA
intensive dietary advice vs routine dietary advice			
Wein , 1999 n=200 follow-up: 4.24 y	intensive dietary advice versus routine dietary advice	women with previous gestational diabetes and currently with impaired glucose tolerance (WHO 1985 criteria)	Parallel groups open USA

More details and results :

- prevention for diabetes type 2 in all type of patients at <http://www.trialresultscenter.org/go-Q341>
- prevention for diabetes type 2 in people with impaired glucose tolerance at <http://www.trialresultscenter.org/go-Q416>

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