

# Clinical trials of diet for cardiovascular prevention in all type of patients

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## 1 diet

Trial	Treatments	Patients	Trials design and methods
<b>diet vs control</b>			
<b>NORDIET</b> n=45/43 follow-up:	healthy Nordic diet versus control diet (subjects usualWestern diet)	mildly hypercholesterolaemic subjects	Sweden
<b>BARON</b> n=NA	-	-	
<b>HPT</b> n=NA	-	-	
<b>Kumanyika</b> n=NA	-	-	
<b>TAIM</b> n=NA	-	-	
<b>DISH</b> n=NA	-	-	
<b>diet vs usual diet</b>			
<b>Black , 1994</b> 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
<b>DART (Burr) , 1989</b> n=NA follow-up: 2 years	diet advice versus usual diet	men who had recovered from MI	Factorial plan open, blind assessment
<b>Finnish Mental Hospital (Miettinen) , 1985</b> 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
<b>Finnish Mental Hospital (Turpeinen) , 1979</b> 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
<b>Goteborg , 1986</b> n=10004/20028 follow-up: 10 years	multifactorial intervention programme versus no intervention	men, 47-55 years old at entry	Parallel groups open Sweden

continued...

<b>Trial</b>	<b>Treatments</b>	<b>Patients</b>	<b>Trials design and methods</b>
<b>Gteborg (Wilhelmsen) , 1986</b> n=10004/20028 follow-up: 10.0 years	multifactorial intervention programme versus usual care	men, 47-55 years old at entry	Parallel groups open
<b>Hjermann , 1981</b> 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
<b>Kallio , 1979</b> 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
<b>Los Angeles VA (Dayton) , 1969</b> 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
<b>Minnesota coronary survey (Frantz) , 1975</b> n=2197/2196 follow-up: 1.1 y (max 4.5y)	cholesterol lowering diet versus control diet	65279;Adult residents of mental hospitals; no illness restrictions, no cholesterol concentration requirements	Parallel groups double-blind USA
<b>MRC low fat , 1965</b> n=123/129 follow-up: 3 y	-	-	Parallel groups open
<b>MRC Soya , 1968</b> 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
<b>MRFIT , 1982</b> 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
<b>Ornish , 1990</b> 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
<b>Oslo Diet Heart Study (Leren) , 1966</b> n=206/206 follow-up: 5 y (11y)	diet versus usual care	middle-aged ambulatory men with prior MI	Parallel groups open, blind assessment
<b>Rose , 1965</b> 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
<b>Singh , 1992</b> n=204/202 follow-up: 65279;2.0 years	strict diet versus usual diet	patients with suspected acute myocardial infarction	Parallel groups open

continued...

<b>Trial</b>	<b>Treatments</b>	<b>Patients</b>	<b>Trials design and methods</b>
<b>STARS (St Thomas, diet) , 1992</b> n=30/30 follow-up: 3.0 years	dietary advice versus usual diet	patients with angina or past myocardial infarction	open, blind assessment
<b>Veterans Ad. (Dayton) , 1969</b> 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
<b>WHI low fat , 2005</b> [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
<b>WHO Collaborative , 1986</b> n=30489/26971 follow-up: 5.5 years	multifactorial prevention versus usual diet	middle-aged men	Parallel groups open Belgium, Italy, Poland, UK
<b>Woodhill , 1966</b> n=221/237 follow-up: <7 years	diet versus usual diet	men, 30-59 years	Parallel groups open
<b>low fat diet vs mediterranean-style diet</b>			
<b>Tuttle , 2008</b> n=NA follow-up: 24 months	low-fat versus Mediterranean-style diets	First MI survivors	Parallel groups open

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## 2 Mediterranean diet

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>			

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Trial	Treatments	Patients	Trials design and methods
<b>PREDIMED (olive oil) , 2013</b> [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>			
<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

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## 3 About TrialResults-center.org

TrialResults-center is an innovative knowledge database that collects the results of RCTs and provides dynamic interactive systematic reviews and meta-analysis in the field of all major heart and vessels diseases.

The TrialResults-center database provides a unique view of the treatment efficacy based on all data provided directly from clinical trial results, offering a valuable alternative to personal bibliographic search, published meta-analysis, etc. Furthermore, it would allow comparing easily the various concurrent therapeutic for the same clinical condition.

Rigorous meta-analysis method is used to populate TrialResults-center: widespread search of published and non published trials, study selection using pre-specified criteria, data extraction using standard form.

TrialResults-center is continually updated on a weekly basis. We continually search all new results (whatever their publication channel) and these news results are immediately added to the database with a maximum of 1 week.

TrialResults-center is non-profit and self-funded.