

# AI Research Report

## QUERY: Impact of Mediterranean diet on heart health

### SOURCE 1:

- **Mediterranean Diet Linked to Lower Heart Event Risk:** A new analysis confirms that a Mediterranean diet rich in olive oil or nuts significantly reduces the risk of heart events compared to a low-fat diet, especially for adults at high cardiovascular risk.
- The research, part of the PREDIMED trial, involved 7,447 participants aged 55 to 80, who were randomly assigned to either a Mediterranean diet with nuts, olive oil, or a low-fat diet, over roughly five years.
- Initial findings in 2013 were retracted due to methodological flaws, but upon re-analysis, it was established that the Mediterranean diet effectively reduces heart attack, stroke, and heart-related death risk by approximately 30%.
- Experts advocate for the Mediterranean diet's health benefits but recommend finding sustainable dietary habits, suggesting even small adjustments like increasing nut or fish intake can lead to significant health improvements over time.
- The study's results challenge the prevailing preference for low-fat diets in the U.S., promoting the Mediterranean diet as a potentially more effective option for heart disease prevention.

#### URL:

<https://www.cardiosmart.org/news/2018/7/study-confirms-the-heart-health-benefits-of-a-mediterranean-diet>

### SOURCE 2:

- **The Mediterranean Diet: A Heart-Healthy Way to Eat**
- The Mediterranean diet emphasizes the removal of unhealthy foods and the incorporation of nutritious options to promote heart health.
- Eliminate processed foods, saturated fats, and added sugars, which have been linked to heart disease, diabetes, and other health issues.
- Prioritize fresh fruits, vegetables, and seeds, aiming for colorful meals to maximize nutritional intake.
- Use extra virgin olive oil as a primary fat source, keeping storage conditions in mind to maintain its health benefits.
- Incorporate a handful of heart-healthy nuts and include fatty fish in your diet, aiming for three

servings a week with options like salmon and mackerel.

URL:

<https://www.emoryhealthcare.org/stories/heart-health/the-mediterranean-diet-a-heart-healthy-way-to-eat>