

AI Research Report

SOURCE 1:

- **Mediterranean Diet Proven to Lower Heart Disease Risk:** A new analysis confirms that a Mediterranean diet enriched with olive oil or nuts significantly reduces heart event risks compared to a low-fat diet for adults at high cardiovascular risk.
- The PREDIMED trial involved 7,447 participants aged 55-80, who were assigned to either a Mediterranean diet with nuts, a Mediterranean diet with olive oil, or a low-fat diet, and was conducted over approximately five years.
- Initial positive findings from 2013 were retracted due to flaws in study implementation; however, a re-analysis confirmed a 30% reduction in heart events for those on the Mediterranean diet.
- The study reaffirms that the Mediterranean diet may be more effective at preventing heart disease compared to traditional low-fat diets popular in the U.S.
- Experts suggest that while following the complete Mediterranean diet is beneficial, incorporating elements like nuts or increased fish intake can also yield health improvements.

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** - Emphasizes removing processed foods and incorporating fresh, whole foods to improve heart health.
- **Pillar 1: Eliminate Processed Foods** - Cut out processed and ultra-processed foods, fast foods, saturated fats, and added sugars to reduce risks of heart disease and other health issues.
- **Pillar 2: Emphasize Fresh Produce** - Focus on adding colorful fruits and vegetables to meals for better nutrition and overall health.
- **Pillar 3: Use Extra Virgin Olive Oil** - Incorporate extra virgin olive oil daily for its health benefits, while being mindful of its storage to preserve its nutrients.
- **Pillar 4: Include Nuts and Fatty Fish** - Add a handful of heart-healthy nuts and aim for three servings of fatty fish weekly (like salmon, mackerel, or sardines) for optimal health benefits.

URL:

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