

The Mediterranean Diet



Nutritional Components

- High in healthy fats -> emphasis on olive oil, nuts, and fatty fish like salmon.
- Abundance of fruits and vegetables -> provides antioxidants, fiber, and essential vitamins.
- Moderate red wine consumption -> known for its polyphenol content and potential cardiovascular benefits.

Health Claims

- Improved Cardiovascular Health -> Rich in monounsaturated fats and antioxidants, reducing risk factors like cholesterol and blood pressure (Kastorini et al., 2011).
- Weight Management -> High fiber content promotes satiety, potentially reducing calorie intake (Estruch et al., 2013).
- Enhanced Cognitive Function -> Omega-3 fatty acids from fish may benefit cognitive health and reduce cognitive decline (Martínez-Lapiscina et al., 2013).

Scientific Support/Nutritional Concepts

- Numerous studies support Mediterranean diet's positive effects on **cardiovascular health**, attributed to reduced inflammation and improved lipid profiles (Kastorini et al., 2011).
- The diet's emphasis on plant-based foods and healthy fats aligns with **weight control** recommendations by promoting nutrient-dense, lower-calorie foods (Estruch et al., 2013).
- Omega-3 fatty acids and antioxidants in the diet are associated with better **cognitive function** and may reduce the risk of neurodegenerative diseases (Martínez-Lapiscina et al., 2013).



DGA Recommendations & Summary

- **The Mediterranean diet aligns well with the Dietary Guidelines for Americans** by promoting whole grains, fruits, vegetables, and healthy fats while limiting red meat and processed foods.
- The Mediterranean diet generates numerous health benefits including improved cardiovascular health, weight management, and cognitive function, as supported by scientific evidence. Its alignment with DGA recommendations makes it an optimal dietary pattern for overall health and well-being.



Works Cited

- Kastorini, Christina-Maria et al. “The effect of Mediterranean diet on metabolic syndrome and its components: a meta-analysis of 50 studies and 534,906 individuals.” *Journal of the American College of Cardiology* vol. 57,11 (2011): 1299–313.
doi:10.1016/j.jacc.2010.09.073
- Estruch, Ramón et al. “Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts.” *The New England journal of medicine* vol. 378,25 (2018): e34.
doi:10.1056/NEJMoa1800389
- Martínez-Lapiscina, Elena H et al. “Mediterranean diet improves cognition: the PREDIMED-NAVARRA randomised trial.” *Journal of neurology, neurosurgery, and psychiatry* vol. 84,12 (2013): 1318-25.
doi:10.1136/jnnp-2012-304792