

Mediterranean Diet

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PHOTO ILLUSTRATION/THINKSTOCK

Heart Disease and Stroke

○ Heart Disease

- > Number of non-institutionalized adults with diagnosed heart disease: **26.5 million** (CDC 2011)
- > Cause of death rank: **1** (CDC 2011)
- > Number of deaths: **597,689** (CDC 2011)

○ Stroke

- > Number of non-institutionalized adults who ever had a stroke: **6.2 million** (CDC 2011)
- > Cause of death rank: **4** (CDC 2011)
- > Number of deaths: **129,476** (CDC 2011)

Top #3 Diets ranked by the U.S. News and World Report

- #1: DASH Diet
 - > A balanced diet for preventing and lowering high blood pressure (hypertension)
- #2: TLC Diet
 - > Low fat diet to lower the “bad” (LDL) cholesterol
- #3: Mediterranean Diet
 - > Balanced diet for weight loss, improved heart and brain health, cancer prevention, and diabetes control

What is the Mediterranean Diet?

- Introduced in 1993 by Oldways (the Harvard School of Public Health) and World Health Organization
- Inspired by low chronic diseases and high life expectancy in the Mediterranean area
- Diet low in red meat, sugar, and saturated fat and high in produce, nuts, and extra virgin olive oil

The Study

*Recent Study published by CNN

- Researchers from Department of Internal Medicine at the Hospital Clinic of Barcelona tracked participants over five years with a low fat diet and the Mediterranean diet
- Measured heart disease and stroke

Participant's Diet

○ Mediterranean Diet

- > 3 or more servings of fish and fruit a week
- > 2 or more servings of vegetables a day
- > White meat over red meat
- > More than 4 Tbsp. of extra virgin olive oil a day

○ Low-fat Diet

- > 3 or more servings of fish and fruit a week
- > 2 or more servings of vegetables a day
- > Discouraged from more than 2 Tbsp. of vegetable oil a day

Results

- ◉ 30% lower heart attack, stroke, or dying of heart disease after 5 years
- ◉ More nuts showed 28% lower risk of outcomes

Conclusion

- ◉ Mediteranean diet lowers risk of heart attack and stroke
- ◉ Extra virgin olive oil is beneficial
 - > contains polyphenols and vitamin-E tocopherols (lowers inflammatory factors and lower in saturated fat)

Mediterranean Pyramid



Mediterranean Diet Pyramid

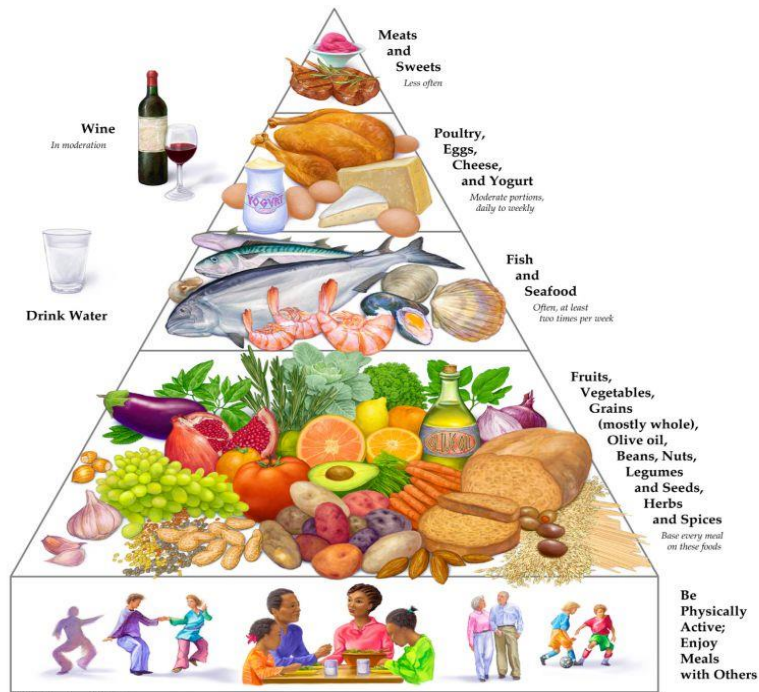


Illustration by George Middleton

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www.oldwayspt.org



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