



**DIETA MEDITERRANEA: STUPOR MUNDI?**



[HOME](#) > [HEALTH](#)

# Mediterranean diet ranked as best diet of the year for 5th time



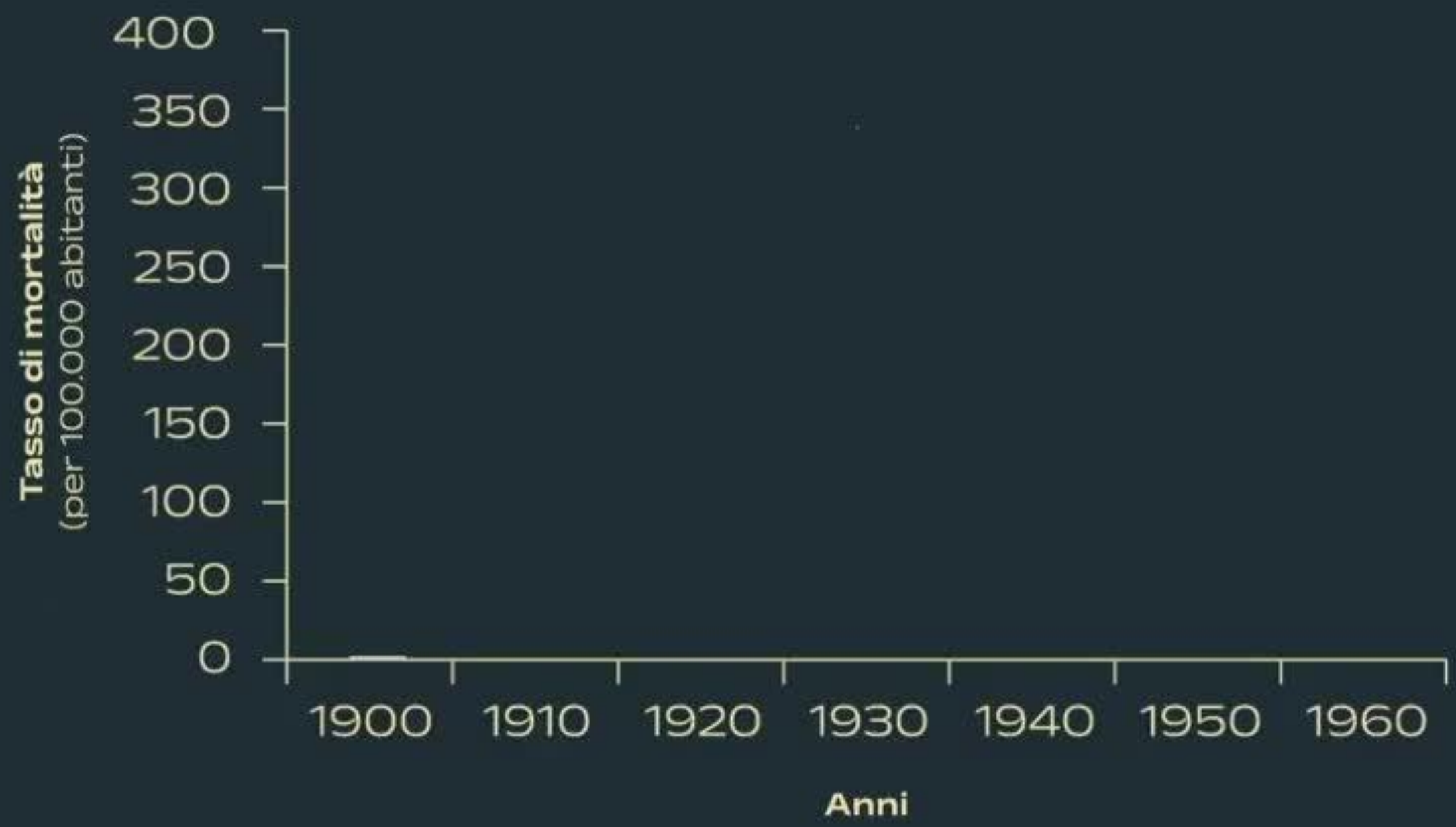
# MA LA DIETA MEDITERRANEA E' MAI ESISTITA?







# MORTI PER ATTACCO CARDIACO IN USA

1900-1960




The first study to relate diet with cardiovascular disease

 About the study >

 Countries and cohorts >

 Investigators

 Study findings 84 main results >

 Books & publications



## What is the Seven Countries Study?

The Seven Countries Study (SCS for short) is the first major study to investigate diet and lifestyle along with other risk factors for cardiovascular disease, across contrasting countries and cultures and over an extended period of time.

Find out more about the [study](#), its [countries](#) and [investigators](#) and the selection of 85 [study findings](#) from over 50 years of follow-up.



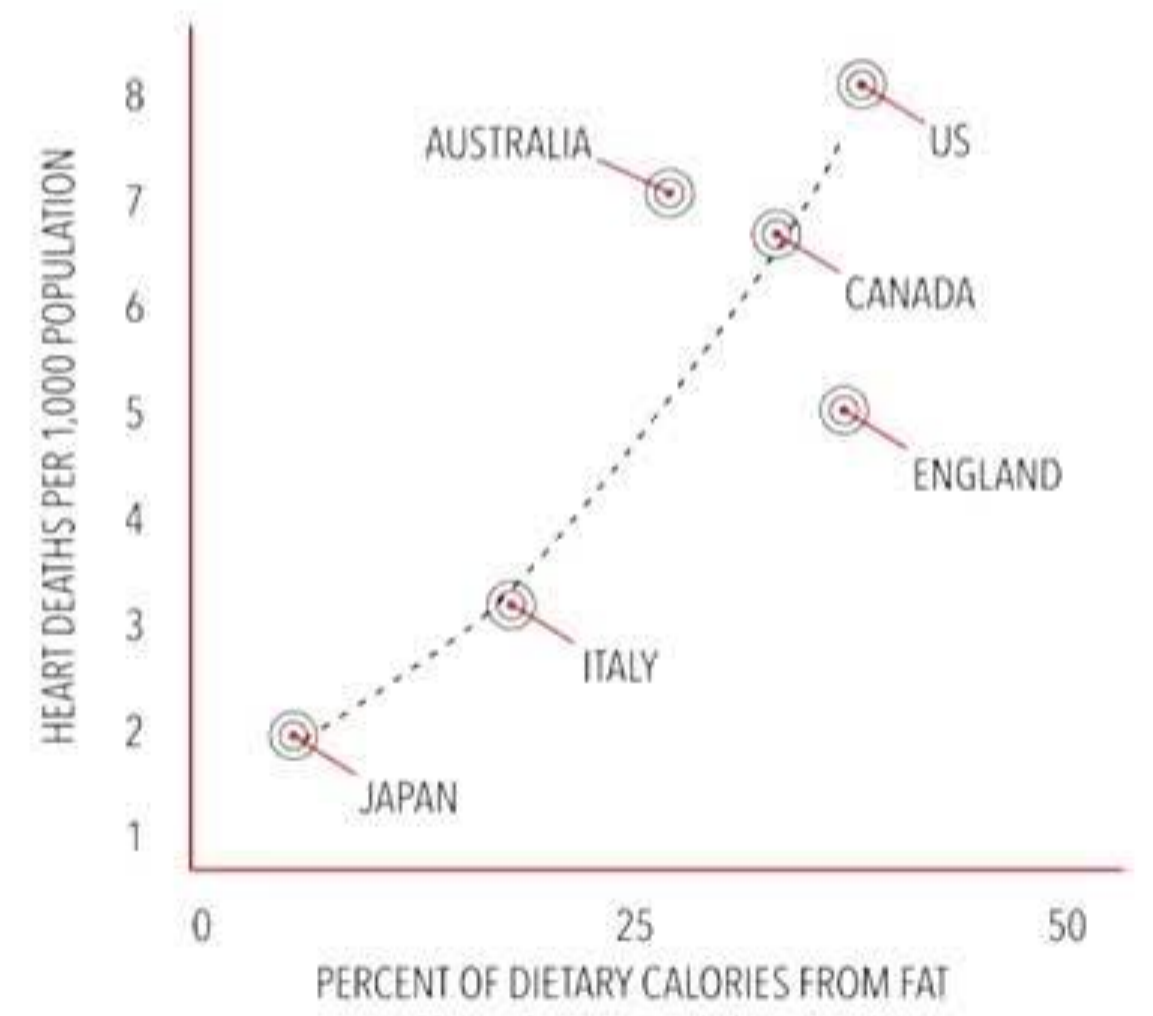
### About the study

Learn more about the history, study design and main study questions of the SCS.

[Read more about the study](#)

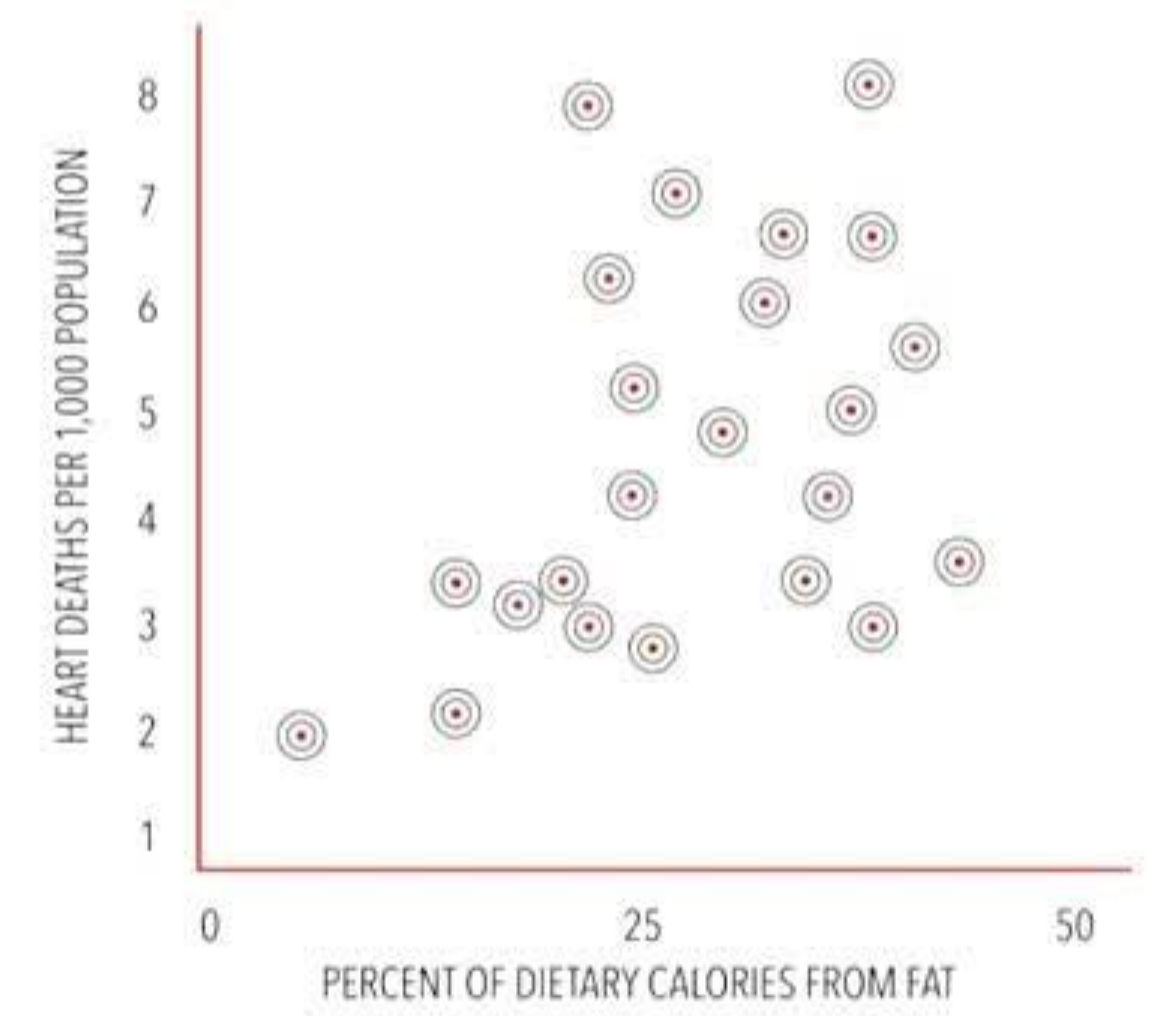


# KEYS' CAREFULLY SELECTED COUNTRIES



## What Keys Published

Data from a small selection of countries surveyed in 1953 produced a tight correlation between total fat intake and deaths from heart disease.



## The Bigger Picture

Analysis of all 22 countries in the original dataset would have produced a weaker correlation.







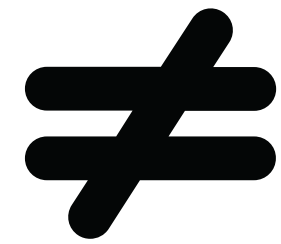




**NON CORRISPONDE ALLA REALTA' DI  
NESSUNA AREA GEOGRAFICA**

**I DATI SI BASANO  
SULL'OSSERVAZIONE**

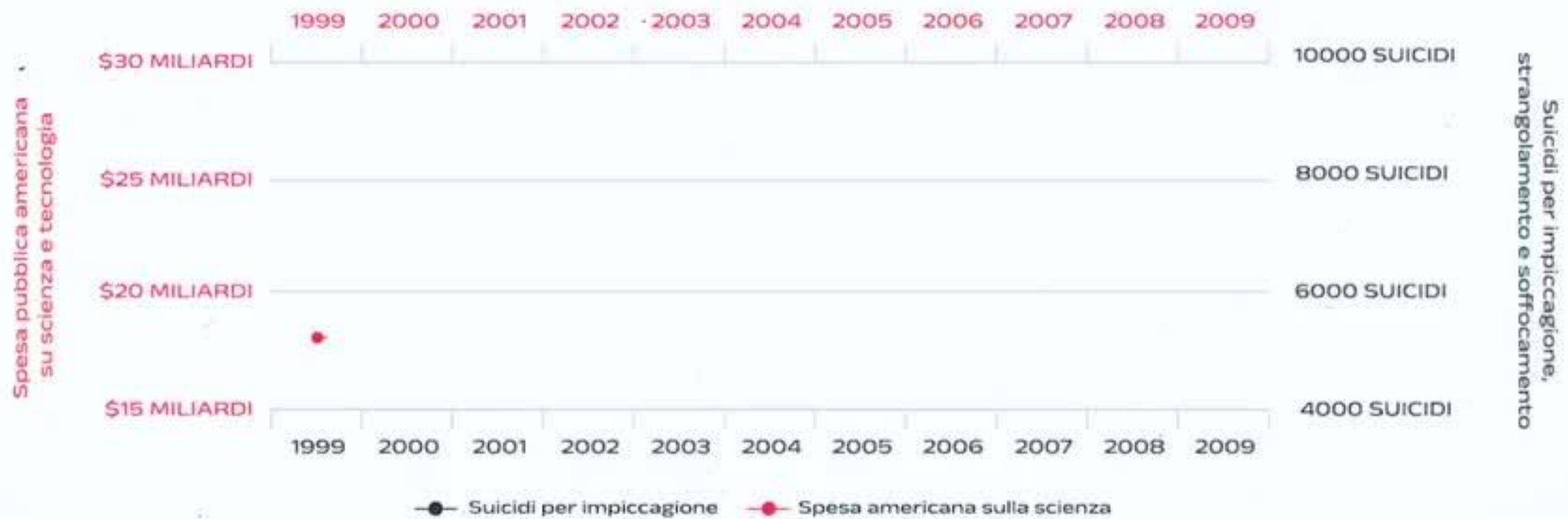
**CORRELAZIONE**



**CASUALITA'**



## CORRELAZIONE TRA SPESA PUBBLICA AMERICANA SU SCIENZA E TECNOLOGIA E SUICIDI PER IMPICCAGIONE, STRANGOLAMENTO E SOFFOCAMENTO



Fonte: U.S. Office of Management and budget and Centers for Disease Control & Prevention



Article Figures/Media

Metrics

38 References 3067 Citing Articles Letters 52 Comments

## Abstract

### BACKGROUND

Observational cohort studies and a secondary prevention trial have shown an inverse association between adherence to the Mediterranean diet and cardiovascular risk. We conducted a randomized trial of this diet pattern for the primary prevention of cardiovascular events.

### METHODS

In a multicenter trial in Spain, we randomly assigned participants who were at high cardiovascular risk, but with no cardiovascular disease at enrollment, to one of three diets: a Mediterranean diet supplemented with extra-virgin olive oil, a Mediterranean diet supplemented with mixed nuts, or a control diet (advice to reduce dietary fat). Participants received quarterly individual and group educational sessions and, depending on group assignment, free provision of extra-virgin olive oil, mixed nuts, or small nonfood gifts. The primary end point was the rate of major cardiovascular events (myocardial infarction, stroke, or death from cardiovascular causes). On the basis of the results of an interim analysis, the trial was stopped after a median follow-up of 4.8 years.

### RESULTS

April 4, 2013

N Engl J Med 2013; 368:1279-1290

DOI: 10.1056/NEJMoa1200303

Chinese Translation [中文翻译](#)

### Related Articles

**EDITORIAL** APR 4, 2013

Did the PREDIMED Trial Test a Mediterranean Diet?

L.J. Appel and L. Van Horn

**PERSPECTIVE** APR 4, 2013

Something New under the Sun? The Mediterranean Diet and Cardiovascular Health

S.W. Tracy

**CORRESPONDENCE** AUG 15, 2013

Mediterranean Diet for Primary Prevention of Cardiovascular Disease

**CORRECTION** FEB 27, 2014

Primary Prevention of Cardiovascular Disease with the Mediterranean Diet





Dieta mediterranea



Gruppo di controllo

# A journey into a Mediterranean diet and type 2 diabetes: a systematic review with meta-analyses

Katherine Esposito<sup>1</sup>, Maria Ida Maiorino<sup>2</sup>, Giuseppe Bellastella<sup>2</sup>, Paolo Chiodini<sup>3</sup>, Demosthenes Panagiotakos<sup>4</sup>, Dario Giugliano<sup>2</sup>

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PDF



PDF +

Supplementary  
Material



XML

## Abstract

**Objectives** To summarise the evidence about the efficacy of a Mediterranean diet on the management of type 2 diabetes and prediabetic states.

**Design** A systematic review of all meta-analyses and randomised controlled trials (RCTs) that compared the Mediterranean diet with a control diet on the treatment of type 2 diabetes and prediabetic states was conducted. Electronic searches were carried out up to January 2015. Trials were included for meta-analyses if they had a control group treated with another diet, if they were of sufficient duration (at least 6 months), and if they had at least 30 participants in each arm. A random-effect model was used to pool data.

**Participants** Adults with or at risk for type 2 diabetes.

**Interventions** Dietary patterns that described themselves as using a 'Mediterranean' dietary pattern.

# Access to Foods That Support Healthy Dietary Patterns

Neighborhood and Built Environment



## About This Literature Summary

This summary of the literature on Access to Foods That Support Healthy Dietary Patterns as a social determinant of health is a narrowly defined examination that is not intended to be exhaustive and may not address all dimensions of the issue. Please note: The terminology used in each summary is consistent with the respective references. For additional information on cross-cutting topics, please see the [Food Insecurity](#) literature summary.

## Related Objectives (4)



Here's a snapshot of the objectives related to topics covered in this literature summary.

[Browse all objectives.](#)

- [Reduce household food insecurity and hunger — NWS-01](#)
- [Eliminate very low food security in children — NWS-02](#)
- [Increase fruit consumption by people aged 2 years and over — NWS-06](#)
- [Increase vegetable consumption by people aged 2 years and older — NWS-07](#)



Healthy People 2030 organizes the social determinants of health into 5 domains:

1. [Economic Stability](#)
2. [Education Access and Quality](#)
3. [Health Care Access and Quality](#)
4. [Neighborhood and Built Environment](#)

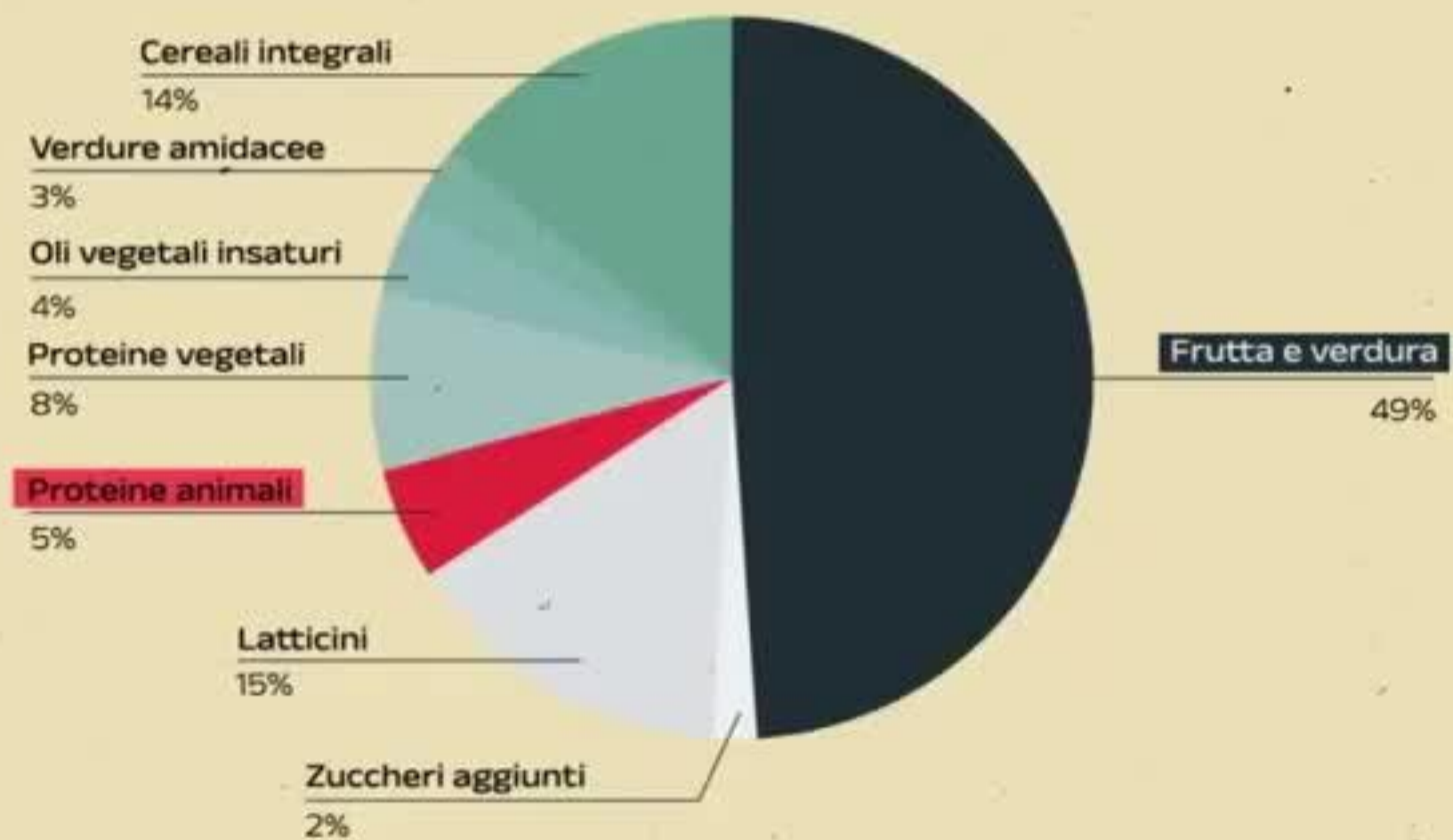


**DIETA  
MEDITERRANEA**

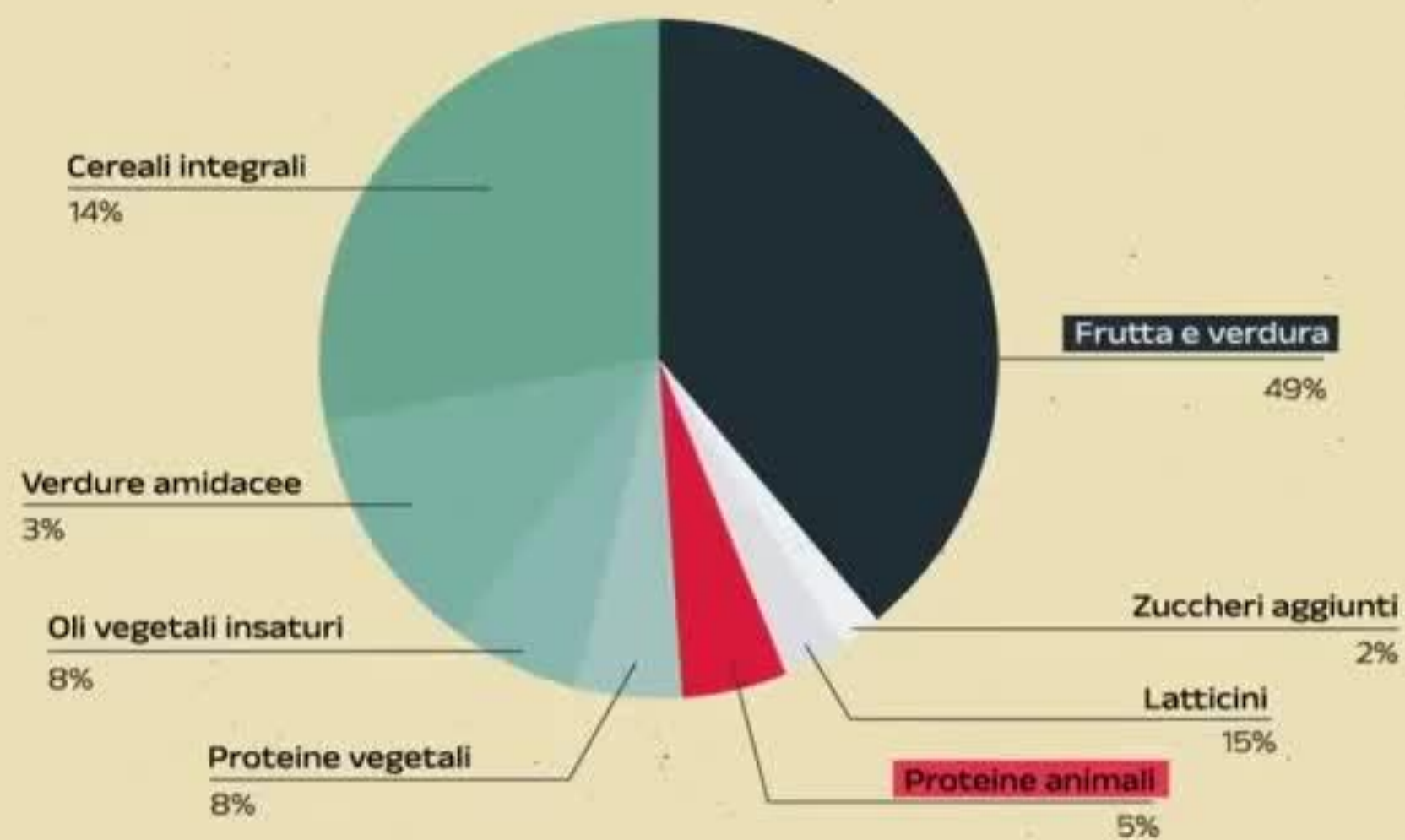
**O**

**DIETA PER LA  
SALUTE  
PLANETARIA**

## Dieta per la salute planetaria



## Dieta Mediterranea

















## DIETA MEDITERRANEA

Il 16 novembre 2010 a Nairobi in Kenya il Comitato Intergovernativo della Convenzione Unesco sul Patrimonio Culturale Immateriale approva l'iscrizione della Dieta Mediterranea nella Lista del Patrimonio Culturale Immateriale, riconoscendo con questa definizione le pratiche tradizionali, le conoscenze e le abilità che sono passate di generazione in generazione in molti paesi mediterranei fornendo alle comunità un senso di appartenenza e di continuità.

Il riconoscimento del 2010 ha accolto la candidatura transnazionale di Italia, Spagna, Grecia e Marocco, che nel 2013 è stata estesa anche a Cipro, Croazia e Portogallo.

**La Dieta Mediterranea è molto più di un semplice elenco di alimenti o una tabella nutrizionale. È uno stile di vita che comprende una serie di competenze, conoscenze, rituali, simboli e tradizioni concernenti la coltivazione, la raccolta, la pesca, l'allevamento, la conservazione, la cucina e soprattutto la condivisione e il consumo di cibo. Mangiare insieme è la base dell'identità culturale e della continuità delle comunità nel bacino Mediterraneo, dove i valori dell'ospitalità, del vicinato, del dialogo interculturale e della creatività, si coniugano con il rispetto del territorio e della biodiversità. In questo senso il patrimonio culturale della dieta mediterranea svolge un ruolo vitale nei riti, nei festival, nelle celebrazioni, negli eventi culturali, riunendo persone di tutte le età e classi sociali. Si tratta di una vita comunitaria che valorizza anche l'artigianato e le vocazioni locali, come la produzione di contenitori per la conservazione e il consumo di cibo, le manifatture**



**1 PASTO SU 3 E' CONSUMATO IN SOLITUDINE**



**AMBIENTALI**



**SANITARI**





**ECONOMICI**



**SOCIALI**

# CLAIMS SALUTISTICI:

**Colesterolo**

**Vitamina E**

**Polifenoli**

**Reg. UE 432/2012**



**"Dimenticare come zappare la terra e curare  
il terreno significa dimenticare se stessi"**



**AGRONOMO**

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