

Can the mediterranean diet reduce heart disease

[Health & Medicine](#)



**ASSIGN
BUSTER**

Among the different types of diets that have become popular to help people lose weight, Mediterranean diet is one that has been able to maintain its fame when it was first introduced until at present. Nonetheless, this type of diet has been studied by medical researchers and its association with some very common diseases in the society.

Consisting of highly available products in the market, Mediterranean diet is one that is rich in fish, nuts, vegetables, and fruits (Datz, 2014). Additionally, the consumption of olive oil, non-refined breads and cereals, as well as a low intake of dairy products, fresh and processed meats, sweets, and wine are included (Yang, et al, 2014). Although it may seem just as any food being consumed by everyone, the key components of Mediterranean diets is basically a healthy eating habit consisting at least two of these attributes in consistency – a high ratio of monounsaturated to saturated fat, low to moderate red wine consumption, high legume consumption, significant grain and cereal consumption, significant consumption of fruits and vegetables, high fish consumption along with low consumption of meats and meat products, and moderate consumption of milk and dairy products (Whayne, 2014).

The most recent study conducted regarding this diet was its role in reducing the risk of obtaining heart disease. In 2003, the PREDIMED or Prevención Con Dieta Mediterránea study was first conducted in Spain on a seven-year period, which aims to prevent cases of cardiovascular diseases. Spanish men and women from 55 to 80 years old were subjected to three different lifestyles – a Mediterranean diet which was supplemented with virgin olive oil, with mixed nuts, and the control group with simply a low-fat diet. The results showed that the subjects who were given the two Mediterranean-

<https://assignbuster.com/can-the-mediterranean-diet-reduce-heart-disease/>

style diets had lower risks of cardiovascular events such as myocardial infarction, stroke, or even death (Whayne, 2014). Significant studies were further developed and the most recent involved the younger working population in the United States. Unlike the previous studies, no intervention was performed in order to obtain significant results. Instead, they have collected the dietary patterns of the subjects in the study based on the modified Mediterranean diet score, then compared them to their existing health conditions. Consistent with the previous study among older subjects, those whose health habits are closely related to Mediterranean diet have lower risks of suffering from heart-related diseases. Metabolic syndrome, which is responsible for obtaining coronary heart diseases, is inversely related modified Mediterranean diet. Thus, those participants in the study whose diets showed a higher association to Mediterranean diet showed lesser metabolic syndromes. The presence of higher HDL-c, the “ good” cholesterol, and lower LDL-c, the “ bad” cholesterol, are also found to those adhering to the Mediterranean diet (Yang, 2014; Datz, 2014).

To further see the benefits of the Mediterranean diet, another study was conducted involving a one year intervention on the plasma fatty acid composition and metabolic syndrome for those with higher risks of cardiovascular diseases. Mayneris-Perxachs, et al (2014) found in their study that the consumption of virgin olive oil in the Mediterranean diet increased plasma concentrations of palmitic and oleic acids, but reduced proportions of margaric, stearic, and linoleic acids. On one hand, the group whose Mediterranean diet that is supplemented with nuts had significant increase in the levels of palmitic, linoleic, and α -linolenic acids, but reduced proportions of myristic, margaric, palmitoleic, and dihommo- γ -linoleic acids. These

<https://assignbuster.com/can-the-mediterranean-diet-reduce-heart-disease/>

results, according to them were the necessary conditions that the body requires in order to prevent incidents of metabolic syndrome that is associated to cardiovascular diseases (Mayneris-Perxachs, et al 2014).

A health habit that is rich in vegetables and fruits as well as vegetable-based fats such as virgin olive oil and nuts, which is the basic composition of Mediterranean diet, may be the key to lowering the risks of heart disease. Consistency, however, is equally vital for obtaining significant results.

References:

Datz, T. (2014). Mediterranean diet linked with lower risk of heart disease among young U. S.

workers. Harvard School of Public Health. Retrieved from

<http://www.hsph.harvard.edu/news/press-releases/mediterranean-diet-linked-with-lower-heart-disease-risk/>

Mayneris-Perxachs, J., Sala-Vila, A., Chisaguano, M., Castellote, A., Estruch, R., Covas, M. I.,

Fitó, M., Salas-Salvadó, J., Martínez-González, M. A., Lamuela-Raventós, R., Ros, E.,

and López-Sabater, M. C . (2014). Effects of 1-Year Intervention with a Mediterranean

Diet on Plasma Fatty Acid Composition and Metabolic Syndrome in a Population at

High Cardiovascular Risk. Retrieved from

<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0085202>

Whayne, Thomas F. Jr. (2014) Ischemic Heart Disease and the Mediterranean Diet. Current

<https://assignbuster.com/can-the-mediterranean-diet-reduce-heart-disease/>

Cardiology Report, vol. 16 (6), 2-7. doi: 10. 1007/s11886-014-0491-6

Yang, J., Farioli, A., Korre, M., and Kales. S. N. (2014). Modified Mediterranean Diet Score and

Cardiovascular Risk in a North American Working Population. Retrieved from

[http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.](http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0087539#s3)

[0087539#s3](http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0087539#s3)