

The Mediterranean diet: some health aspects

Scientific Consensus Conference

THE HEALTHY PASTA MEAL

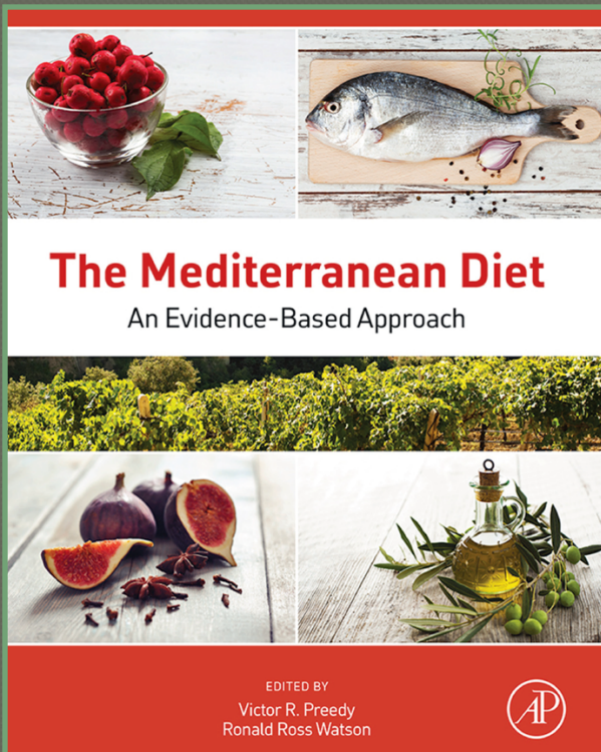
The Truth About Pasta

October 25-27, 2015 - Milano Italy

Michel de Lorgeril and Patricia Salen

CNRS, Faculté de Médecine, Grenoble France

So many books and articles celebrating the Mediterranean diet



Curr Atheroscler Rep (2013) 15:370
DOI 10.1007/s11883-013-0370-4

INVITED COMMENTARY

Mediterranean Diet and Cardiovascular Disease: Historical Perspective and Latest Evidence

Michel de Lorgeril

Trichopoulou *et al.* *BMC Medicine* 2014, 12:112
<http://www.biomedcentral.com/1741-7015/12/112>



FORUM

Open Access

Definitions and potential health benefits of the Mediterranean diet: views from experts around the world

Antonia Trichopoulou^{1*}, Miguel A Martínez-González^{2,3*}, Tammy YN Tong^{4*}, Nita G Forouhi^{4*},
Shweta Khandelwal^{5*}, Dorairaj Prabhakaran^{5*}, Dariush Mozaffarian^{6*} and Michel de Lorgeril^{7*}

Why such a **resistance** to accept that the Mediterranean diet – the traditional one (from a specific geographic area or not) or a “modernized” version of a particular traditional version – is definitely the optimal **dietary model** (based on scientific evidence) to protect our health?

And to protect the planet?

1994: 1st report of the *Lyon Diet Heart Study*

THE LANCET

Mediterranean alpha-linolenic acid-rich diet in secondary prevention of coronary heart disease

Michel de Lorgeril, Serge Renaud, Nicole Marnade, Patricia Salen, Jean-Louis Martin, Isabelle Monjaud,

The NEW ENGLAND
JOURNAL of MEDICINE

ESTABLISHED IN 1812

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Adherence to a Mediterranean Diet and Survival in a Greek Population

Antonia Trichopoulos, M.D., Tina Costacou, Ph.D., Christina Bamia, Ph.D.,

Mediterranean Dietary Pattern and Prediction of All-Cause Mortality in a US Population

Results From the NIH-AARP Diet and Health Study

Conclusion: These results provide strong evidence for a beneficial effect of higher conformity with the Mediterranean dietary pattern on risk of death from all causes, including deaths due to CVD and cancer, in a US population.

Arch Intern Med. 2007;167(22):2461-2468

OPEN ACCESS Freely available online

PLOS ONE

Mediterranean Style Diet and 12-Year Incidence of Cardiovascular Diseases: The EPIC-NL Cohort Study

Marieke P. Hoevenaars-Blom^{1,2*}, Astrid C. J. Nooyens¹, Daan Kromhout², Annemieke M. W. Spijkerman¹, Joline W. J. Beulens³, Yvonne T. van der Schouw³, Bas Bueno-de-Mesquita^{4,5}, W. M. Monique Verschuren¹

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September 2012 | Volume 7 | Issue 9 | e45458



Int. J. Cancer: 135, 1884–1897 (2014)

IJC

International Journal of Cancer

Adherence to Mediterranean diet and risk of cancer: A systematic review and meta-analysis of observational studies

Lukas Schwingshackl and Georg Hoffmann

Mediterranean Dietary Pattern in a Randomized Trial

Prolonged Survival and Possible Reduced Cancer Rate

Michel de Lorgeril, MD; Patricia Salen, BSc; Jean-Louis Martin, MD; Isabelle Monjaud, BSc; Philippe Boucher, PhD; Nicolle Marmel, MD

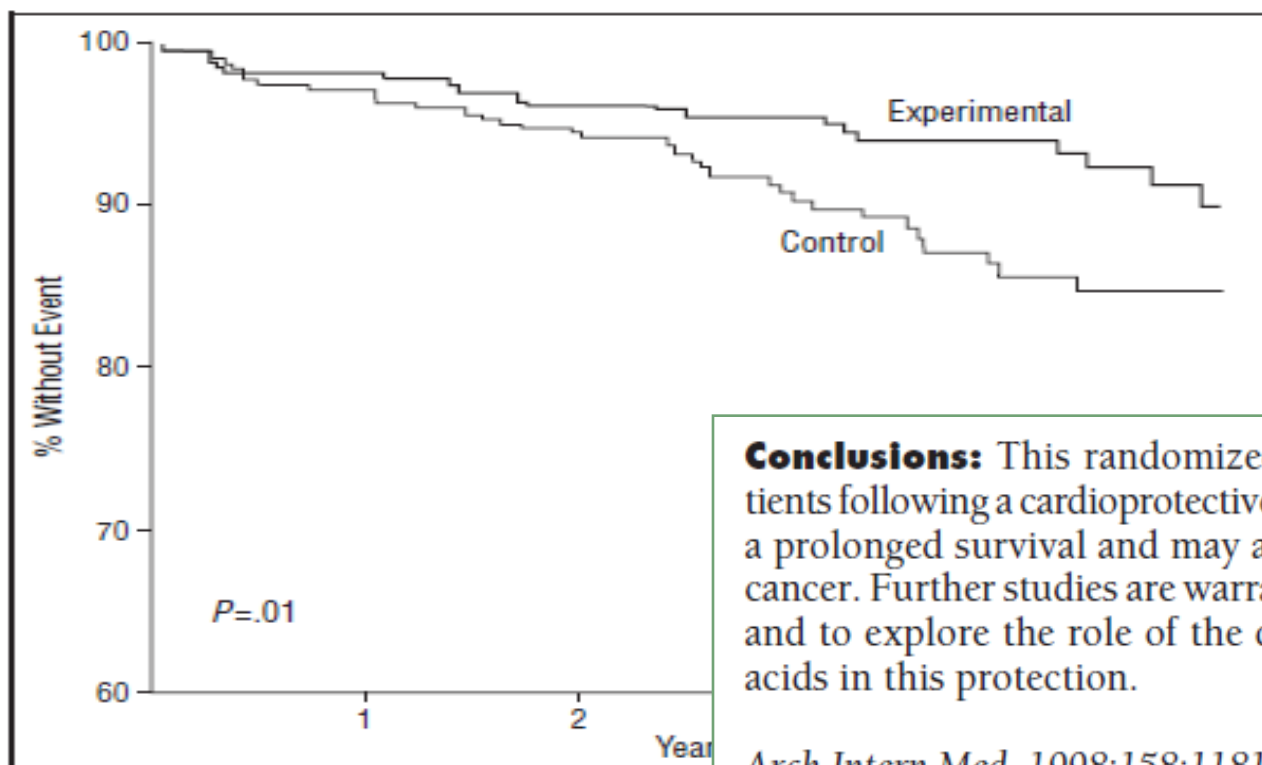



Figure 1. Cumulative survival without nonfatal events in experimental and control groups.

Conclusions: This randomized trial suggests that patients following a cardioprotective Mediterranean diet have a prolonged survival and may also be protected against cancer. Further studies are warranted to confirm the data and to explore the role of the different lipids and fatty acids in this protection.

Arch Intern Med. 1998;158:1181-1187

High-level adherence to a Mediterranean diet beneficially impacts the gut microbiota and associated metabolome

Francesca De Filippis,¹ Nicoletta Pellegrini,² Lucia Vannini,^{3,4} Ian B Jeffery⁶



De Filippis F, et al. *Gut* 2015;**0**:1–10

Objectives Habitual diet plays a major role in shaping the composition of the gut microbiota, and also determines the repertoire of microbial metabolites that can influence the host. The typical Western diet corresponds to that of an omnivore; however, the Mediterranean diet (MD), common in the Western Mediterranean culture, is to date a nutritionally recommended dietary pattern that includes high-level consumption of cereals, fruit, vegetables and legumes.

The Mediterranean geographic area





The Mediterranean food production...





Not only goats give cheese, they are also excellent herbicide; no Roundup needed...





The Mediterranean table...



The Queen of the Italian cuisine...

