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

**FORUM**

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

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?
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; Nicole Mamelle, MD

**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 Jeffery,⁶

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.

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