

Benefits of the Mediterranean diet: Epidemiological and molecular aspects

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L Serra-Majem, B Román-Viñas... - Molecular aspects of ..., 2019 - Elsevier

More than 50 years after the Seven Countries Study, a large number of epidemiological studies have explored the relationship between the Mediterranean diet (MD) and health, through observational, case-control, some longitudinal and a few experimental studies. The overall results show strong evidence suggesting a protective effect of the MD mainly on the risk of cardiovascular disease (CVD) and certain types of cancer. The beneficial effects have been attributed to the types of food consumed, total dietary pattern, components in the food ...

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Links

[1] <https://www.sciencedirect.com/science/article/pii/S0098299719300470>