

Mediterranean Diet Connected With Reduction in Deaths From Heart Attack and Stroke

According to an article recently published in the journal *Circulation*, it reports an association linking greater adherence to a Mediterranean diet and a reduction in deaths from coronary heart disease and stroke in women.* According to the study, Teresa T. Fung, ScD, and colleagues evaluated data from 74,886 women participating in the Nurses' Health Study. Questionnaires were scored for adherence to the Mediterranean diet, which is characterized by a high intake of vegetables, fruits, nuts, whole grains, legumes, fish, and monounsaturated fat.

After over two decades of follow-up, women whose scores were in the top 20% of participants had a 29% lower risk of heart disease, a 42% lower risk of fatal heart disease, a 13% lower risk of stroke, and a 31% lower risk of fatal stroke, compared with women whose scores were lowest. The authors acknowledge the need for their results to be replicated in other populations, particularly men.

* *Circulation*. 2009 Mar 3;119(8):1093-100.