# Higher Mediterranean Diet Adherence Associated with Lower Cardiovascular Disease (CVD) and Death Specifically in Women

| Mediterranean diet characterised by minimally processed plant foods, extra-virgin olive oil, and lean proteins |
| In women, higher Mediterranean diet adherence had a beneficial effect on CVD and death |
| In women, higher Mediterranean diet adherence had a beneficial effect on coronary heart disease (CHD), but did not reach statistical significance for stroke |

- **HR 0.76 (CI 0.72-0.81)**  
  \[I^2=39\% \text{ for CVD}\]

- **HR 0.77 (CI 0.74-0.80)**  
  \[I^2=21\% \text{ for total mortality}\]

- **HR 0.75 (CI 0.65-0.87)**  
  \[I^2=21\% \text{ for CHD}\]

- **HR 0.87 (CI 0.76-1.01)**  
  \[I^2=0\% \text{ for stroke}\]

- **16 prospective cohort studies included in meta-analysis**  
  **722,495 female participants**