# 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

**HR 0.76 (CI 0.72-0.81)**

$I^2=39\%$ for CVD

**In women,** higher Mediterranean diet adherence had a beneficial effect on coronary heart disease (CHD), but did not reach statistical significance for stroke

**HR 0.75 (CI 0.65-0.87)**

$I^2=21\%$ for CHD

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16 prospective cohort studies included in meta-analysis

722,495 female participants

HR 0.77 (CI 0.74-0.80)

$I^2=21\%$ for total mortality

HR 0.87 (CI 0.76-1.01)

$I^2=0\%$ for stroke