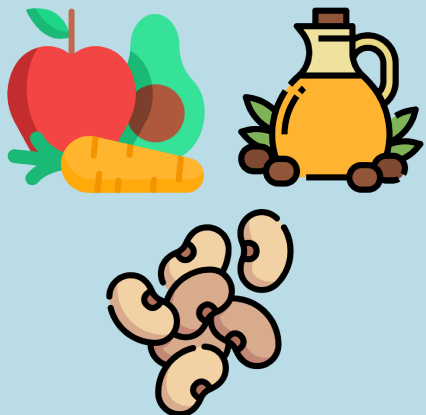


Higher Mediterranean Diet Adherence Associated with Lower Cardiovascular Disease (CVD) and Death Specifically in Women

Mediterranean diet characterised by minimally processed plant foods, extra-virgin olive oil, and lean proteins

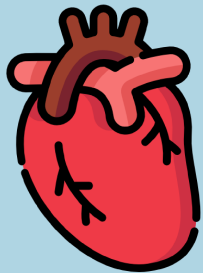


16 prospective cohort studies included in meta-analysis



722,495 female participants

In women, higher Mediterranean diet adherence had a beneficial effect on CVD and death

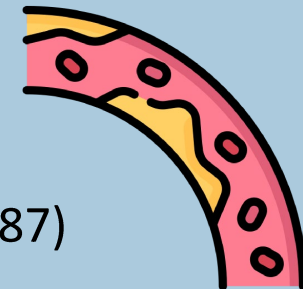


HR 0.76 (CI 0.72-0.81)
I²=39% for CVD



HR 0.77 (CI 0.74-0.80)
I²=21% for total mortality

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)
I²=21% for CHD



HR 0.87 (CI 0.76-1.01)
I²=0% for stroke