

# New evidence proves that Mediterranean food helps reduce cardiovascular risk

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Accordingly, Dr. Nita Forouhi of the Epidemiological Medical Research Council, Cambridge University in the UK has just published a new survey in BMC Medicine, confirming the important medical role of **the regime. Mediterranean food** .

Previously, **cardiovascular disease** was the leading cause of **death** for both men and women in the US with about 610,000 people dying each year. In particular, **myocardial infarction** affects 735,000 people and **stroke** affects 800,000 people each year.



Photo source: Internet.

Applying a **healthy diet** is one of the most effective methods to help prevent, minimize harms from cardiovascular diseases such as **heart attack, heart attack, stroke** . And regimen Mediterranean eating is one of the important keys to minimize and prevent the risk of cardiovascular disease.

However, recently, Dr. Nita Forouhi of the Epidemiological Medical Research Council, University of Cambridge and his team of colleagues conducted research and analysis to clarify the positive effects of diet. Mediterranean.

In order to carry out the study, the team conducted surveys, researches as well as analyzed medical data of 23,902 people around the survey issues of normal diet, Mediterranean diet, degree age, lifestyle and cancer, cardiovascular risks in the most recent 12-17 years.

**The results showed** that 7,606 participants were suffering from cardiovascular disease, of which 1,714 died from cardiovascular disease.

In particular, the group of people complying with the Mediterranean diet is likely to have a very low heart disease rate of only 6 -16% compared to those who eat a regular diet. Only 3.9% of respondents at the Mediterranean regime developed cardiovascular disease and 12.5% of cardiovascular deaths could be prevented.

*' This is a very important premise that needs to be propagated, educated, widely applied in the British community as a practical way to reduce the burden of cardiovascular disease in the UK ' - Dr. Forouhi noted .*

And finally, the research team pointed out that the application of the Mediterranean diet is not unique to Britain but other countries can also apply.

It is known that there is no separate plan for the Mediterranean diet, but in general, you'll **eat lots of fruits** and **vegetables, beans** and nuts, healthy grains, **fish, olive oil** , small amounts of meat and dairy products, and red wine.

**Huynh Dung ( According to Medicalnewstoday)**

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