

## **Is Food the New Medicine?**

Diets have long been controversial when it comes to their health benefits. Recently, the Mediterranean diet has gained a lot of attention, and for good reasons. The traditional Mediterranean diet consists of a high intake of fruits, vegetables, whole grains, beans, nuts, and seeds, with moderate to low amounts of animal products. Olive oil is also a staple in this diet.

A substantial body of evidence supports the Mediterranean diet's health benefits. The most recently reported CORDIOPREV study examined the effects of this diet on 1,002 patients with coronary heart disease and compared it with a low-fat, high-carbohydrate diet. Patients were followed for a median of 7 years.

The Mediterranean diet proved far superior to the low-fat diet. Primary outcomes, including heart attacks, strokes, and cardiovascular death, were significantly lower in the Mediterranean diet group, showing a 26% reduction in such events.

Most importantly, other clinical trials like the Predimed Study have also demonstrated that the Mediterranean diet is superior to a low-fat diet in reducing cardiovascular events.

While it remains unclear exactly how the Mediterranean diet works to prevent cardiovascular disease, or what specific aspect of it is most beneficial, it is currently the diet with the most robust evidence supporting its role in reducing cardiovascular risk. So, the next time you're looking for new recipes to add to your rotation, consider the Mediterranean diet for inspiration!

**Sources (click to access):** [Article 1](#) and [Article 2](#)

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