

TABLE 2. Results from the studies regarding the Mediterranean dietary pattern.

Author	Year	Country	Participants	Age	Outcome	Findings
Fung TT et al.	2009	USA	74,886 women	38-63 years old	2391 incident cases of CVD	decreases CVD event risk
Trichopoulou A et al.	2003	Greece	22,043	20-86 years old	275 deaths of CVD	decreases CVD event risk
Knoops KT et al.	2004	Europe (19 cities)	2339	70-90 years old	122 cases of CVD	decreases CVD event risk
Buckland G et al.	2009	Spain	41,078	29-69 years old	609 cases of CVD	decreases CVD event risk
Menotti A et al.	2012	Northern and Central Italy	1139	45-64 years old	79 CVD	decreases CVD event risk
deKoning L et al.	2004	Greece	28 572	20-86 years old	275 CVD	decreases CVD event risk
Panagiotakos DB et al.	2008	Greece	2101	>18 years old	110 CVD	Mediterranean diet decreases the risk of CVD event
Hoşcan Y et al.	2015	Turkey	900	25-70 years old	25 CVD events	Mediterranean diet decreases the risk of CVD event
Hodge AM et al.	2018	Melbourne	39,532	40-69 years old	281 CVD	Mediterranean diet decreases the risk of CVD event
Fidanza F et al.	2004	Finland, Italy, Greece, Japan, Serbia, Yugoslavia, The Netherlands	12763 men	40-59 years old	-	Mediterranean diet decreases the risk of CVD event
Dilis V et al.	2012	Greece	28 572	20-86 years old	636 CVD events	Mediterranean diet decreases the risk of CVD event
Martínez-González MA et al.	2011	Spain	13,609	38 years old average age	68 CVD events	Mediterranean diet decreases the risk of CVD event