MEDITERRANEAN DIET IN CARDIOVASCULAR PREVENTION:

About 34 subjects

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Introduction: Several studies have shown that short- and long-term caloric restriction has beneficial effects on cardiovascular risk factors associated with obesity. It lowers blood pressure, lowers blood sugar, triglycerides and total cholesterol. These results were obtained in parallel with a reduction in weight and visceral fat.

A low-calorie diet (<1800 kcal / day) can help reduce the risk of type 2 diabetes by preventing the development of coronary heart disease and the metabolic syndrome.

Objectives: TO know the role of hypocaloric diet in dyslipidemic patients on the glycemic balance and the normalization of the lipid profil.

MATERIALS AND METHODS: The study carried out on 37 dyslipidaemic subjects (18 under low calorie diet (<1800 kcal / day) and 19 without special diets considered as controls) between 40 and 60 years old and it focused on the clinical aspect (anthropometric index, body composition) and the biological aspect (blood glucose, total cholesterol, triglycerides, HDLc, LDLc, ...) over one year.

Results: The dyslipidemias are less frequent in subjects under low calorie diet rich in fiber and antioxidants (raw vegetables, pulses and fruits, olive oil) on a daily basis compared to those who consume them seldom and prefer high calorie foods, fat and sweet, especially fast food.

Conclusion: Controlling diet, reducing the intake of fast sugars and cholesterol and directing the diet towards a Mediterranean diet rich in vegetables and fruits, represents a real tool for the prevention of type 2 diabetes and cardio pathologies as a first-line treatment before the drug therapy arsenal.

Key words: caloric restriction, Mediterranean diet, Dyslipidemias.

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