

# 2018

**282. Wang DD, Zheng Y, Toledo E, et al.**

Lipid metabolic networks, Mediterranean diet and cardiovascular disease in the PREDIMED trial.

[Int J Epidemiol. 2018 Nov 13. doi: 10.1093/ije/dyy198.](#)

**281. Guasch-Ferré M, Ruiz-Canela M, Li J, et al.**

Plasma acylcarnitines and risk of type 2 diabetes in a Mediterranean population at high cardiovascular risk.

[J Clin Endocrinol Metab. 2018 Nov 13. doi: 10.1210/jc.2018-01000.](#)

**280. Razquin C, Toledo E, Clish CB, et al.**

Plasma Lipidomic Profiling and Risk of Type 2 Diabetes in the PREDIMED Trial.

[Diabetes Care. 2018 Oct 16. doi: 10.2337/dc18-0840.](#)

**279. Martínez-González MA.**

Protocol Deviations, Reanalyses, and Corrections to PREDIMED Trial Derivative Study on Peripheral Artery Disease.

[JAMA. 2018 Nov 5. doi: 10.1001/jama.2018.16553.](#)

**278. Martínez-González MA.**

Protocol Deviations, Reanalyses, and Corrections to Derivative Studies of the PREDIMED Trial.

[JAMA Intern Med. 2018 Nov 5. doi:10.1001/jamainternmed.2018.6456.](#)

**277. Martínez-González MA, Ros E, Estruch R.**

Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts.

[N Engl J Med. 2018;379:1388-9 \(response letter\).](#)

**276. Salas-Salvadó J, Bulló M, Babio N, et al.**

Erratum. Reduction in the Incidence of Type 2 Diabetes With the Mediterranean Diet: Results of the PREDIMED-Reus nutrition intervention randomized trial

[Diabetes Care. 2018;41:2259-60.](#)

**275. Díaz-López A, Babio N, Martínez-González MA, et al.**

Erratum. Mediterranean Diet, Retinopathy, Nephropathy, and Microvascular Diabetes Complications: A Post Hoc Analysis of a Randomized Trial

[Diabetes Care. 2018;41:2260-1.](#)

**274. Garcia-Arellano A, Martínez-González MA, Ramallal R, et al.**

Dietary inflammatory index and all-cause mortality in large cohorts: The SUN and PREDIMED studies

[Clin Nutr 2018 \(in press\). https://doi.org/10.1016/j.clnu.2018.05.003](#)

**273: Yu E, Ruiz-Canela M, Razquin C, et al.**

Changes in Arginine are Inversely Associated with Type 2 Diabetes: A Case-Cohort Study in the PREDIMED Trial.

[Diabetes Obes Metab. 2018 Aug 26. doi: 10.1111/dom.13514.](#)

**272: Yu E, Hu FB, Martinez-Gonzalez MA, et al.**

Regarding the Robustness of Results for "Association of Tryptophan Metabolites with Incident Type 2 Diabetes in the PREDIMED Trial: A Case-Cohort Study".

[Clin Chem. 2018 Aug 7. doi: 10.1373/clinchem.2018.294595.](#)

**271: Papandreou C, Bulló M, Zheng Y, et al.**

Plasma trimethylamine-N-oxide and related metabolites are associated with type 2 diabetes risk in the Prevención con Dieta Mediterránea (PREDIMED) trial.

[Am J Clin Nutr. 2018;108:163-173.](#)

**270: Jacobs DR Jr, Petersen KS, Svendsen K, et al.**

Considerations to facilitate a US study that replicates PREDIMED.

[Metabolism. 2018;85:361-367.](#)

**269: Estruch R, Ros E, Salas-Salvadó J, et al.**

Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts.

[N Engl J Med. 2018 Jun 13. doi: 10.1056/NEJMoa1800389](#)

**268: López-Laguna N, Martínez-González MA, Toledo E, et al.**

Risk of peripheral artery disease according to a healthy lifestyle score: The PREDIMED study.

[Atherosclerosis. 2018;275:133-140.](#)

**267: Schulze MB, Martínez-González MA, Fung TT, et al.**

Food based dietary patterns and chronic disease prevention.

[BMJ. 2018;361:k2396.](#)

**266: Yu E, Papandreou C, Ruiz-Canela M, et al.**

Association of Tryptophan Metabolites with Incident Type 2 Diabetes in the PREDIMED Trial: A Case-Cohort Study.

[Clin Chem. 2018 Jun 8. doi: 10.1373/clinchem.2018.288720.](#)

**265: García-Gavilán JF, Bulló M, Camacho-Barcia L, et al.**

Higher dietary glycemic index and glycemic load values increase the risk of osteoporotic fracture in the PREvención con Dieta MEDiterránea (PREDIMED)-Reus trial.

[Am J Clin Nutr. 2018;107:1035-1042.](#)

**264: Cárdenas-Fuentes G, Subirana I, Martinez-Gonzalez MA, et al.**

Multiple approaches to associations of physical activity and adherence to the Mediterranean diet with all-cause mortality in older adults: the PREvención con Dieta MEDiterránea study.

[Eur J Nutr. 2018 Apr 25. doi: 10.1007/s00394-018-1689-y.](#)

**263: Ruiz-Canela M, Guasch-Ferré M, Toledo E, et al.**

Plasma branched chain/aromatic amino acids, enriched Mediterranean diet and risk of type 2 diabetes: case-cohort study within the PREDIMED Trial.

[Diabetologia. 2018 Apr 16. doi: 10.1007/s00125-018-4611-5.](#)

**262: Barrubés L, Babio N, Mena-Sánchez G, et al.**

Dairy product consumption and risk of colorectal cancer in an older Mediterranean population at high cardiovascular risk.

[Int J Cancer. 2018 Apr 16. doi: 10.1002/ijc.31540.](#)

**261: Razquin C, Liang L, Toledo E, et al.**

Plasma lipidome patterns associated with cardiovascular risk in the PREDIMED trial: A case-cohort study.

[Int J Cardiol. 2018;253:126-132.](#)

**260: Camacho-Barcia L, Bulló M, García-Gavilán JF, et al.**

Dairy products intake and the risk of incident cataracts surgery in an elderly Mediterranean population: results from the PREDIMED study.

[Eur J Nutr. 2018 Mar 27. doi: 10.1007/s00394-018-1647-8.](#)

**259: Guasch-Ferré M, Hu FB, Ruiz-Canela M, et al.**

Plasma Metabolites From Choline Pathway and Risk of Cardiovascular Disease in the PREDIMED (Prevention With Mediterranean Diet) Study.

[J Am Heart Assoc. 2017;6\(11\): e006524.](#)

**258: Arpón A, Milagro FI, Razquin C, et al.**

Impact of Consuming Extra-Virgin Olive Oil or Nuts within a Mediterranean Diet on DNA Methylation in Peripheral White Blood Cells within the PREDIMED-Navarra Randomized Controlled Trial: A Role for Dietary Lipids.

[Nutrients. 2017;10\(1\):15.](#)

**257: Billingsley HE, Carbone S.**

The antioxidant potential of the Mediterranean diet in patients at high cardiovascular risk: an in-depth review of the PREDIMED.

[Nutr Diabetes. 2018;8:13.](#)

**256: Rasmussen E, Morgan AMF, Munson F, et al.**

Use of an Electronic Medical Record to Track Adherence to the Mediterranean Diet in a US Neurology Clinical Practice

[Mayo Clin Proc Inn Qual Out. 2018;2:49-59.](#)

**255: Cárdenas Fuentes G, Bawaked RA, Martínez González MÁ, et al.**

Association of physical activity with body mass index, waist circumference and incidence of obesity in older adults.

[Eur J Public Health. 2018 Mar 15. doi: 10.1093/eurpub/cky030.](#)

**254: Papadaki A, Johnson L, Toumpakari Z, et al.**

Validation of the English Version of the 14-Item Mediterranean Diet Adherence Screener of the PREDIMED Study, in People at High Cardiovascular Risk in the UK.

[Nutrients. 2018;10\(2\):138.](#)

**253: Papandreou C, Becerra-Tomás N, Bulló M, et al.**

Legume consumption and risk of all-cause, cardiovascular, and cancer mortality in the PREDIMED study.

[Clin Nutr. 2018 Jan 9. pii: S0261-5614\(17\)31439-5.](#)

**252: Urpi-Sarda M, Almanza-Aguilera E, Llorach R, et al.**

Non-targeted metabolomic biomarkers and metabotypes of type 2 diabetes: A cross-sectional study of PREDIMED trial participants.

[Diabetes Metab. 2018 Feb 20. doi: 10.1016/j.diabet.2018.02.006.](#)

**251: Orella D, Ramírez-Sabio JB, Coltell O, et al.**

Effects of the Ser326Cys Polymorphism in the DNA Repair OGG1 Gene on Cancer, Cardiovascular, and All-Cause Mortality in the PREDIMED Study: Modulation by Diet.

[J Acad Nutr Diet. 2018;118:589-605.](#)

**250: Paynter NP, Balasubramanian R, Giulianini F, et al.**

Metabolic Predictors of Incident Coronary Heart Disease in Women.

[Circulation. 2018 Feb 20;137:841-853](#)

## 2017

**249: Camacho-Barcia ML, Bulló M, Garcia-Gavilán JF, et al.**

Association of Dietary Vitamin K1 Intake With the Incidence of Cataract Surgery in an Adult Mediterranean Population: A Secondary Analysis of a Randomized Clinical Trial.

[JAMA Ophthalmol. 2017;135:657-661.](#)

**248: Guasch-Ferré M, Salas-Salvadó J, Ros E, et al.**

The PREDIMED trial, Mediterranean diet and health outcomes: How strong is the evidence?

[Nutr Metab Cardiovasc Dis. 2017;27:624-632.](#)

**247: Toledo E, Wang DD, Ruiz-Canela M, et al.**

Plasma lipidomic profiles and cardiovascular events in a randomized intervention trial with the Mediterranean diet.

[Am J Clin Nutr. 2017;106:973-983.](#)

**246: Hu EA, Martínez-González MA, Salas-Salvadó J, et al.**

Potato Consumption Does Not Increase Blood Pressure or Incident Hypertension in 2 Cohorts of Spanish Adults.

[J Nutr. 2017;147:2272-2281.](#)

**245: Bargalló N, Gilabert R, Romero-Mamani ES, et al.**  
Red Blood Cell Eicosapentaenoic Acid Inversely Relates to MRI-Assessed Carotid Plaque Lipid Core Burden in Elders at High Cardiovascular Risk.  
[Nutrients. 2017;9:1036.](#)

**244: Papandreou C, Bullò M, Tinahones FJ, et al.**  
Serum metabolites in non-alcoholic fatty-liver disease development or reversion; a targeted metabolomic approach within the PREDIMED trial.  
[Nutr Metab \(Lond\). 2017;14:58.](#)

**243: Cantero I, Abete I, Babio N, et al.**  
Dietary Inflammatory Index and liver status in subjects with different adiposity levels within the PREDIMED trial.  
[Clin Nutr. 2017 Jul 6. doi: 10.1016/j.clnu.2017.06.027.](#)

**242: Amor AJ, Serra-Mir M, Martínez-González MA, et al.**  
Prediction of Cardiovascular Disease by the Framingham-REGICOR Equation in the High-Risk PREDIMED Cohort: Impact of the Mediterranean Diet Across Different Risk Strata.  
[J Am Heart Assoc. 2017;6\(3\):e004803.](#)

**241: Rosique-Esteban N, Díaz-López A, Martínez-González MA, et al.**  
Leisure-time physical activity, sedentary behaviors, sleep, and cardiometabolic risk factors at baseline in the PREDIMED-PLUS intervention trial: A cross-sectional analysis.  
[PLoS One. 2017;12:e0172253.](#)

**Erratum for Yu et al.**

Increases in plasma tryptophan are inversely associated with incident cardiovascular disease in the Prevención con Dieta Mediterránea (PREDIMED) Study. *J Nutr* 2017;147:314-22.  
[J Nutr. 2017;147:1234.](#)

**240: Hebestreit K, Yahiaoui-Doktor M, Engel C, et al.**  
Validation of the German version of the Mediterranean Diet Adherence Screener (MEDAS) questionnaire.  
[BMC Cancer. 2017;17:341.](#)

**239: Cueto-Galán R, Brón FJ, Valdivielso P, et al.**  
Changes in fatty liver index after consuming a Mediterranean diet: 6-year follow-up of the PREDIMED-Malaga trial.  
[Med Clin \(Barc\). 2017;148:435-443.](#)

**238: De la Torre R, Corella D, Castañer O, et al.**  
Protective effect of homovanillyl alcohol on cardiovascular disease and total mortality: virgin olive oil, wine, and catechol-methylathion.  
[Am J Clin Nutr. 2017 doi: 10.3945/ajcn.116.145813.](#)

**237: Guo X, Tresserra-Rimbau A, Estruch R, et al.**

Polyphenol Levels Are Inversely Correlated with Body Weight and Obesity in an Elderly Population after 5 Years of Follow Up .

[Nutrients. 2017 doi: 10.3390/nu9050452.](https://doi.org/10.3390/nu9050452)

**236: García-Layana A, Ciufo G, Toledo E, et al.**

The Effect of a Mediterranean Diet on the Incidence of Cataract Surgery.

[Nutrients. 2017 doi: 10.3390/nu9050453.](https://doi.org/10.3390/nu9050453)

**235: Henríquez-Hernández LA, Luzardo OP, Zumbado M, et al.**

Determinants of increasing serum POPs in a population at high risk for cardiovascular disease. Results from the PREDIMED-CANARIAS study.

[Environ Res. 2017 doi: 10.1016/j.envres.2017.03.053](https://doi.org/10.1016/j.envres.2017.03.053)

**234: Gutiérrez-Bedmar M, Martínez-González, MA, Muñoz-Bravo C, et al.**

Chromium Exposure and Risk of Cardiovascular Disease in High Cardiovascular Risk Subjects— Nested Case-Control Study in the Prevention With Mediterranean Diet (PREDIMED) Study.

[Circ J. 2017. doi:10.1253/circj.CJ-17-0032](https://doi.org/10.1253/circj.CJ-17-0032)

**233: Becerra-Tomás N, Díaz-López A, Rosique-Esteban N, et al.**

Legume consumption is inversely associated with type 2 diabetes incidence in adults: A prospective assessment from the PREDIMED study.

[Clin Nutr. 2017 Mar 24. doi: 10.1016/j.clnu.2017.03.015](https://doi.org/10.1016/j.clnu.2017.03.015)

**232: Hernández Á, Castañer O, Goday A, et al.**

The Mediterranean Diet decreases LDL atherogenicity in high cardiovascular risk individuals: a randomized controlled trial.

[Mol Nutr Food Res. 2017. doi: 10.1002/mnfr.201601015](https://doi.org/10.1002/mnfr.201601015)

**231: Yu E, Ruiz-Canela M, Hu FB, et al.**

Plasma Arginine/Asymmetric Dimethylarginine Ratio and Incidence of Cardiovascular Events: A Case-Cohort Study.

[J Clin Endocrinol Metab. 2017. doi:10.1210/jc.2016-3569](https://doi.org/10.1210/jc.2016-3569)

**230: Martínez-González MA, Estruch R, Corella D, et al.**

Effects on Health Outcomes of a Mediterranean Diet With No Restriction on Fat Intake.

[Ann Intern Med. 2017;166:378.](https://doi.org/10.1093/ajph/107.3.378)

**229: Amor AJ, Serra-Mir M, Martínez-González MA, et al.**

Prediction of Cardiovascular Disease by the Framingham-REGICOR Equation in the High-Risk PREDIMED Cohort: Impact of the Mediterranean Diet Across Different Risk Strata.

[J Am Heart Assoc. 2017;6: pii004803. doi: 10.1161/JAHA.116.004803](https://doi.org/10.1161/JAHA.116.004803)

**228: Wang DD, Toledo E, Hruby A, et al.**

Plasma Ceramides, Mediterranean Diet, and Incident Cardiovascular Disease in the PREDIMED Trial.

[Circulation 2017 Mar 9.](#)

doi: [10.1161/CIRCULATIONAHA.116.024261](https://doi.org/10.1161/CIRCULATIONAHA.116.024261)

**227: Razquin C, Sanchez-Tainta A, Salas-Salvadó J, et al.**

Dietary energy density and body weight changes after 3 years in the PREDIMED study.

[Int J Food Sci Nutr. 2017 Mar 6:1-8.](#)

doi: [10.1080/09637486.2017.1295028](https://doi.org/10.1080/09637486.2017.1295028)

**226: Ros E.**

The PREDIMED Study.

[Endocrinología, Diabetes y Nutrición 2017;64:63-6.](#)

**225: Guasch-Ferré M, Becerra-Tomás N, Ruiz-Canela M, et al.**

Total and subtypes of dietary fat intake and risk of type 2 diabetes mellitus in the Prevención con Dieta Mediterránea (PREDIMED) study.

[Am J Clin Nutr. 2017;105:723-35.](#)

**224: Yu E, Ruiz-Canela M, Guasch-Ferré M, et al.**

Increases in Plasma Tryptophan Are Inversely Associated with Incident Cardiovascular Disease in the Prevención con Dieta Mediterránea (PREDIMED) Study.

[J Nutr. 2017;147:314-22.](#)

**223: Arpón A, Riezu-Boj JI, Milagro FI, et al.**

Adherence to Mediterranean diet is associated with methylation changes in inflammation-related genes in peripheral blood cells.

[J Physiol Biochem. 2017 Feb 8. doi: 10.1007/s13105-017-0552-6](#)

**222: García-Gavilán JF, Bulló M, Canudas S, et al.**

Extra virgin olive oil consumption reduces the risk of osteoporotic fractures in the PREDIMED trial.

[Clin Nutr. 2017 Jan 13. doi: 10.1016/j.clnu.2016.12.030](#)

**221: Rader DJ.**

Mediterranean Approach to improving High-Density Lipoprotein Function.

[Circulation. 2017;135:644-7.](#)

**220: Hernández Á, Castañer O, Elosua R, et al.**

Mediterranean Diet Improves High-Density Lipoprotein Function in High-Cardiovascular-Risk Individuals: A Randomized Controlled Trial.

[Circulation. 2017;135:633-43.](#)

**219: Papadaki A, Martínez-González MÁ, Alonso-Gómez A, et al.**

Mediterranean diet and risk of heart failure: results from the PREDIMED randomized controlled trial.

[Eur J Heart Fail. 2017 Jan 30. doi: 10.1002/ejhf.750](#)

**218: Downer MK, Martínez-González MA, Gea A, et al.**  
Mercury exposure and risk of cardiovascular disease: a nested case-control study in the PREDIMED (PREvention with MEDiterranean Diet) study.  
[BMC Cardiovasc Disord 2017;17:9.](#)

**217: Cueto-Galán R, Barón FJ, Valdivielso P, et al.**  
Changes in fatty liver index after consuming a Mediterranean diet: 6-year follow-up of the PREDIMED-MALAGA trial.  
[Med Clin \(Barc\). 2017 Jan 23. pii: S0025-7753\(16\)30680-7.](#)

**216: Pérez-Martí A, Garcia-Guasch M, Tresserra-Rimbau A, et al.**  
A low-protein diet induces body weight loss and browning of subcutaneous white adipose tissue through enhanced expression of hepatic Fibroblast Growth Factor 21 (FGF21).  
[Mol Nutr Food Res. 2017 Jan 11. doi: 10.1002/mnfr.201600725.](#)

**215: Fernández-Cao JC, Arijia V, Aranda N, et al.**  
Soluble transferrin receptor and risk of type 2 diabetes in the obese and non-obese.  
[Eur J Clin Invest. 2017;47:221-30.](#)

**214: Madrid-Gambin F, Llorach R, Vázquez-Fresno R, et al.**  
Urinary (1)H-NMR metabolomic fingerprinting reveals biomarkers of pulse consumption related to energy metabolism modulation in a subcohort from the PREDIMED study.  
[J Proteome Res. 2017;16:1483-91.](#)

**213. Medina-Remón A, Casas R, Tresserra-Rimbau A, et al.**  
Polyphenol intake from a Mediterranean diet decreases inflammatory biomarkers related to atherosclerosis: A sub-study of The PREDIMED trial.  
[Br J Clin Pharmacol. 2017;83:114-128.](#)

## 2016

**212: Martinez-Gonzalez MA, Trichopoulos A.**  
U.S. Dietary Guidelines.  
[Ann Intern Med. 2016;165:605.](#)

**211: Hu FB, Neuhauser ML, Perez-Escamilla R, Martinez-Gonzalez MA, Willett WC.**  
U.S. Dietary Guidelines.  
[Ann Intern Med. 2016;165:604-605.](#)

**210: Creus-Cuadros A, Tresserra-Rimbau A, Quifer-Rada P, et al.**  
Associations between Both Lignan and Yogurt Consumption and Cardiovascular Risk Parameters in an Elderly Population: Observations from a Cross-Sectional Approach in the PREDIMED Study.  
[J Acad Nutr Diet. 2016;117:609-22.](#)



**209: Corella D, Coltell O, Sorlí JV, et al.**

Polymorphism of the Transcription Factor 7-Like 2 Gene (TCF7L2) Interacts with Obesity on Type-2 Diabetes in the PREDIMED Study Emphasizing the Heterogeneity of Genetic Variants in Type-2 Diabetes Risk Prediction: Time for Obesity-Specific Genetic Risk Scores.

[Nutrients. 2016;8. pii: E793.](#)

**208: Pérez-Heras AM, Mayneris-Perxachs J, Cofán M, et al.**

Long-chain n-3 PUFA supplied by the usual diet decrease plasma stearyl-CoA desaturase index in non-hypertriglyceridemic older adults at high vascular risk.

[Clin Nutr. 2016 Nov 19. doi: 10.1016/j.clnu.2016.11.009.](#)

**207: Martínez-González MA.**

Benefits of the Mediterranean diet beyond the Mediterranean Sea and beyond food patterns.

[BMC Med 2016;14:157.](#)

**206: Livingstone KM, Celis-Morales C, Papandonatos GD, et al.**

FTO genotype and weight loss: systematic review and meta-analysis of 9563 individual participant data from eight randomised controlled trials.

[BMJ 2016;354:i4707.](#)

**205. Zheng Y, Hu FB, Ruiz-Canela M, et al.**

Metabolites of Glutamate Metabolism Are Associated With Incident Cardiovascular Events in the PREDIMED PREvención con Dieta MEDiterránea (PREDIMED) Trial.

[J Am Heart Assoc.2016;5](#)

**204. Smith CE, Coltell O, Sorlí JV, et al.**

Associations of the MCM6-rs3754686 proxy for milk intake in Mediterranean and American populations with cardiovascular biomarkers, disease and mortality: Mendelian randomization.

[Sci Rep. 2016;6:33188](#)

**203. Sureda A, Del Mar Bibiloni M, Martorell M, et al.**

Mediterranean diets supplemented with virgin olive oil and nuts enhance plasmatic antioxidant capabilities and decrease xanthine oxidase activity in people with metabolic syndrome: The PREDIMED study.

[Mol Nutr Food Res. 2016;60:2654-64.](#)

**202. Sala-Vila A, Díaz-López A, Valls-Pedret C, et al.**

Prevención con Dieta Mediterránea (PREDIMED) Investigators. Dietary Marine  $\omega$ -3 Fatty Acids and Incident Sight-Threatening Retinopathy in Middle-Aged and Older Individuals With Type 2 Diabetes: Prospective Investigation From the PREDIMED Trial.

[JAMA Ophthalmol. 2016;134:1142-9.](#)

**201. Barragán R, Coltell O, Asensio EM, et al.**

MicroRNAs and Drinking: Association between the Pre-miR-27a rs895819 Polymorphism and Alcohol Consumption in a Mediterranean Population.

[Int J Mol Sci. 2016;17\(8\)](#)

**200. Slomski A.**

Weight Gain Not an Issue With Mediterranean Diet.

[JAMA 2016;316:385.](#)

**199. Ferreira-Pego C, Nissensohn M, Kavouras SA, et al.**

Beverage Intake Assessment Questionnaire: Relative Validity and Repeatability in a Spanish Population with Metabolic Syndrome from the PREDIMED-PLUS Study.

[Nutrients. 2016;8:E475.](#)

**198. Ruiz-Canela M, Bes-Rastrollo M, Martínez-González MA, et al.**

The role of dietary inflammatory index in cardiovascular disease, metabolic syndrome and mortality.

[Int J Mol Sci 2016;17:1265.](#)

**197. Diez-Espino J, Basterra-Gortari FJ, Salas-Salvado J, et al.**

Egg consumption and cardiovascular disease according to diabetic status: the PREDIMED study

[Clin Nutr 2016 Jun 29. pii: S0261-5614\(16\)30141-8. doi: 10.1016/j.clnu.2016.06.009](#)

**196. Buil-Cosiales P, Toledo E, Salas-Salvadó J, et al.**

Association between dietary fibre intake and fruit, vegetable or whole-grain consumption and the risk of CVD: results from the PREvención con Dieta MEDiterránea (PREDIMED) trial.

[Br J Nutr. 2016;116:534-46.](#)

**195. Martínez-González MA.**

The Mediterranean Diet in Hypercoagulable States and Cancer.

[Clin Adv Hematol Oncol 2016;14:1-3.](#)

**194. Downer MK, Gea A, Stampfer M, et al.**

Predictors of short- and long-term adherence with a Mediterranean-type diet intervention: the PREDIMED randomized trial.

[Int J Behav Nutr Phys Act. 2016;13:67.](#)

**193. Martínez-González MÁ, Ruiz-Canela M, Hruby A, et al.**

Intervention Trials with the Mediterranean Diet in Cardiovascular Prevention: Understanding Potential Mechanisms through Metabolomic Profiling.

[J Nutr. 2016 Mar 9. pii: jn219147.](#)

**192. Martinez-Gonzalez MA.**

Mediterranean diet, cereals, 4-dimension carbohydrate quality and the new PREDIMED-PLUS trial

[EC Nutrition ECO.01 \(2016\): 21-22.](#)

**191. Casas R, Sacanella E, Urpí-Sardà M, et al.**

Long-term immunomodulatory effect of the Mediterranean diet. A randomized nutrition intervention trial.

[J Nutr. 2016;146:1684-93.](#)

**190. Ferreira-Pêgo C, Babio N, Bes-Rastrollo M, et al.**

Frequent Consumption of Sugar- and Artificially Sweetened Beverages and Natural and Bottled Fruit Juices is Associated with an Increased Risk of Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Disease Risk.

[J Nutr. 2016;146:1528-36.](#)

**189. Mourouti N, Panagiotakos DB.**

The beneficial effect of a Mediterranean diet supplemented with extra virgin olive oil in the primary prevention of breast cancer among women at high cardiovascular risk in the PREDIMED Trial.

[Evid Based Nurs. 2016;19:71.](#)

**188. Álvarez-Pérez J, Sánchez-Villegas A, Díaz-Benítez EM, et al.**

Influence of a Mediterranean Dietary Pattern on Body Fat Distribution: Results of the PREDIMED-Canarias Intervention Randomized Trial.

[J Am Coll Nutr 2016;35:568-80.](#)

**187. Mozaffarian D.**

Food and weight gain: time to end our fear of fat.

[Lancet Diab Endocrinol 2016](#)

**186. Estruch R, Martínez-González MA, Corella D, et al.**

Effect of a high-fat Mediterranean diet on bodyweight and waist circumference: a prespecified secondary outcomes analysis of the PREDIMED randomised controlled trial

[doi:10.1016/S2213-8587\(16\)30085-7](https://doi.org/10.1016/S2213-8587(16)30085-7)

**185. Corella D, Asensio EM, Coltell O, et al.**

CLOCK gene variation is associated with incidence of type-2 diabetes and cardiovascular diseases in type-2 diabetic subjects: dietary modulation in the PREDIMED randomized trial.

[Cardiovasc Diabetol 2016;15;4.](#)

**184. Guo X, Tresserras A, Estruch R, et al.**

Effects of Polyphenol, Measured by a Biomarker of Total Polyphenols in Urine, on Cardiovascular Risk Factors After a Long-Term Follow-Up in the PREDIMED Study.

[Oxid Med Cell Longev 2016;2572606.](#)

**183. Guasch-Ferré M, Zheng Y, Ruiz-Canela M, et al.**

Plasma acylcarnitines and risk of cardiovascular disease: effect of Mediterranean diet interventions.

[Am J Clin Nutr. 2016;103:1408-16.](#)

**182. Becerra-Tomás N, Babio N, Martínez-González MA, et al.**

Replacing red meat and processed red meat for white meat, fish, legumes or eggs is associated with lower risk of incidence of metabolic syndrome.

[Clin Nutr. 2016;35:1442-9.](#)

**181. Chiva-Blanch G, Crespo J, Suades R, et al.**  
CD142+/CD61+, CD146+ and CD45+ microparticles predict cardiovascular events in high risk patients following a Mediterranean diet supplemented with nuts.  
[Thromb Haemost. 2016; 7;116](#)

**180. Tresserra-Rimbau A, Guasch-Ferré M, Salas Salvadó J, et al.**  
Intake of Total Polyphenols and Some Classes of Polyphenols Is Inversely Associated with Diabetes in Elderly People at High Cardiovascular Disease Risk.  
[J Nutr. 2016 Mar 9 \[Epub ahead of print\]](#)

**179. Salas-Salvadó J, Guasch-Ferré M, Lee CH, et al.**  
Protective Effects of the Mediterranean Diet on Type 2 Diabetes and Metabolic Syndrome.  
[J Nutr. 2016 Mar 9. \[Epub ahead of print\]](#)

**178. Ruiz-Canela M, Toledo E, Clish CB, et al.**  
Plasma Branched-Chain Amino Acids and Incident Cardiovascular Disease in the PREDIMED Trial.  
[Clin Chem. 2016;62;582-92.](#)

**177. Santiago S, Sayón-Orea C, Babio N, et al.**  
Yogurt consumption and abdominal obesity reversion in the PREDIMED study.  
[Nutr Metab Cardiovasc Dis. 2015; 12](#)

**176. Sala-Vila A, Guasch-Ferré M, Hu FB, et al.**  
Dietary  $\alpha$ -Linolenic Acid, Marine  $\omega$ -3 Fatty Acids, and Mortality in a Population With High Fish Consumption: Findings From the PREvención con Dieta MEDiterránea (PREDIMED) Study.  
[J Am Heart Assoc. 2016;26;5.](#)

**175. erratum for Dietary  $\alpha$ -Linolenic Acid, Marine  $\omega$ -3 Fatty Acids, and Mortality in a Population With High Fish Consumption: Findings From the PREvención con Dieta MEDiterránea (PREDIMED) Study.**  
[J Am Heart Assoc. 2016;5\(2\)](#)

**174. Díaz-López A, Bulló M, Martínez-González MA, et al.**  
Dairy product consumption and risk of type 2 diabetes in an elderly Spanish Mediterranean population at high cardiovascular risk.  
[Eur J Nutr. 2016;55;349-60.](#)

## 2015

**173. Arranz S, Martinez-Huélamo M, Vallverdu-Queralt A, et al.**  
Influence of olive oil on carotenoid absorption from tomato juice and effects on postprandial lipemia.  
[Food Chem. 2015;168:203-10.](#)

**172. Babio N, Martinez-Gonzalez MA, Estruch R, et al.**

Associations between serum uric acid concentrations and metabolic syndrome and its components in the PREDIMED study.

[Nutr Metab Cardiovasc Dis. 2015;25:173-80.](#)

**171. Babio N, Becerra-Tomás N, Martínez-González MÁ, et al.**

Consumption of Yogurt, Low-Fat Milk, and Other Low-Fat Dairy Products Is Associated with Lower Risk of Metabolic Syndrome Incidence in an Elderly Mediterranean Population.

[J Nutr. 2015;145:2308-16.](#)

**170. Díaz-López A, Babio N, Martínez-González MA, et al.**

Mediterranean Diet, Retinopathy, Nephropathy, and Microvascular Diabetes Complications: A Post Hoc Analysis of a Randomized Trial.

[Diabetes Care. 2015;38:2134-41.](#)

**168. Egúaras S, Toledo E, Buil-Cosiales P, et al.**

Does the Mediterranean diet counteract the adverse effects of abdominal adiposity?

[Nutr Metab Cardiovasc Dis. 2015;25:569-74.](#)

**167. Garcia-Arellano A, Ramallal R, Ruiz-Canela M, et al.**

Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the PREDIMED Study.

[Nutrients. 2015;7:4124-38](#)

**166. García-Calzón S, Martinez-Gonzalez MA, Razquin C, et al.**

Pro12Ala Polymorphism of the PPAR $\gamma$ 2 Gene Interacts With a Mediterranean Diet to Prevent Telomere Shortening in the PREDIMED-NAVARRA Randomized Trial

[Circ Cardiovasc Genet. 2015;8:91-9.](#)

**165. Garcia-Aloy M, Llorach R, Urpi-Sarda M A, et al.**

Metabolomics-driven approach to predict cocoa product consumption by designing a multimetabolite biomarker model in free-living subjects from the PREDIMED study.

[Mol Nutr Food Res. 2015;59:212-20.](#)

**164. García-Calzón S, Zalba G, Ruiz-Canela M, et al.**

Dietary inflammatory index and telomere length in subjects with a high cardiovascular disease risk from the PREDIMED-NAVARRA study: cross-sectional and longitudinal analyses over 5 y.

[Am J Clin Nutr. 2015;102:897-904.](#)

**163. Goñi Ruiz N, Martínez González MÁ, Salas Salvadó J, et al.**

ASSOCIATION BETWEEN DIETARY GLYCEMIC INDEX AND GLYCEMIC LOAD AND INTIMA MEDIA THICKNESS IN A POPULATION AT HIGH CARDIOVASCULAR RISK: A SUBGROUP ANALYSIS IN THE PREDIMED TRIAL.

[Nutr Hosp. 2015;32:2319-30.](#)

- 162. Guasch-Ferré M, Babio N, Martínez-González MA, et al.**  
Dietary fat intake and risk of cardiovascular disease and all-cause mortality in a population at high risk of cardiovascular disease.  
[Am J Clin Nutr. 2015;102:1563-73.](#)
- 161. Henríquez-Sánchez P, Sánchez-Villegas A, Ruano-Rodríguez C, et al.**  
Dietary total antioxidant capacity and mortality in the PREDIMED study.  
[Eur J Nutr. 2016;55:227-36.](#)
- 160. Hernández-Alonso P, Salas-Salvadó J, Ruiz-Canela M, et al.**  
High dietary protein intake is associated with an increased body weight and total death risk.  
[Clin Nutr. 2016;35:496-506.](#)
- 159. Juanola-Falgarona M, Salas-Salvadó J, Buil-Cosiales P, et al.**  
Dietary Glycemic Index and Glycemic Load Are Positively Associated with Risk of Developing Metabolic Syndrome in Middle-Aged and Elderly Adults.  
[J Am Geriatr Soc. 2015;63:1991-2000.](#)
- 158. Martínez-González MA, Salas-Salvadó J, Estruch R, et al.**  
Benefits of the Mediterranean Diet: Insights from the PREDIMED Study.  
[Prog Cardiovasc Dis. 2015;58:50-60.](#)
- 157. Martínez-González MÁ, Toledo E, Arós F, et al.**  
Re: "Extravirgin Olive Oil Consumption Reduces Risk of Atrial Fibrillation: The PREDIMED (Prevención con Dieta Mediterránea) Trial".  
[Circulation. 2015;132:e140-2.](#)
- 156. Merino J, Guasch-Ferré M, Martínez-González MA, et al.**  
Is complying with the recommendations of sodium intake beneficial for health in individuals at high cardiovascular risk? Findings from the PREDIMED study.  
[Am J Clin Nutr. 2015;101:440-8.](#)
- 155. Ruiz-Canela M, Zazpe I, Shivappa N, et al.**  
Dietary inflammatory index and anthropometric measures of obesity in a population sample at high cardiovascular risk from the PREDIMED (PREvención con Dieta MEDiterránea) trial.  
[Br J Nutr. 2015 113;984-995.](#)
- 154. Sánchez-Tainta A, Zazpe I, Bes-Rastrollo M, et al.**  
Nutritional adequacy according to carbohydrates and fat quality.  
[Eur J Nutr. 2016;55:93-106.](#)
- 153. Storniolo CE, Casillas R, Bulló M, et al.**  
A Mediterranean diet supplemented with extra virgin olive oil or nuts improves endothelial markers involved in blood pressure control in hypertensive women.  
[Eur J Nutr. 2015 Oct 8. \[Epub ahead of print\]](#)

**152. Toledo E, Salas-Salvadó J, Donat-Vargas C, et al.**  
Mediterranean Diet and Invasive Breast Cancer Risk Among Women at High Cardiovascular Risk in the PREDIMED TRIAL]  
[JAMA Intern Med., 2015.](#)

**151. Tresserra-Rimbau A, Medina-Remón A, Lamuela-Raventós RM, et al.** Moderate red wine consumption is associated with a lower prevalence of the metabolic syndrome in the PREDIMED population.  
[Br J Nutr. 2015;113 Suppl 2:S121-30.](#)

**150. Valls-Pedret C, Sala-Vila A, Serra-Mir M, et al.**  
Mediterranean Diet and Age-Related Cognitive Decline: A Randomized Clinical Trial  
[JAMA Intern Med. 2015;175:1094-103.](#)

**149. Vázquez-Fresno R, Llorach R, Urpi-Sarda M, et al.**  
Metabolomic pattern analysis after Mediterranean diet intervention in a nondiabetic population: a 1- and 3-year follow-up in the PREDIMED study.  
[J Proteome Res. 2015;14:531-40](#)

**148. Martínez-González MA, Zazpe I, Razquin C, et al.**  
Empirically-derived food patterns and the risk of total mortality and cardiovascular events in the PREDIMED study.  
[Clin Nutr. 2015;34:859-67.](#)

## 2014

**147. Arijia V, Fernández-Cao JC, Basora J, et al.**  
Excess body iron and the risk of type 2 diabetes mellitus: a nested case-control in the PREDIMED (PREvention with Mediterranean Diet) study.  
[Br J Nutr. 2014;112:1896-904.](#)

**146. Babio N, Toledo E, Estruch R, Ros E, Martínez-González MA, et al.**  
Mediterranean diets and metabolic syndrome status in the PREDIMED randomized trial.  
[CMAJ. 2014;186:E649-57.](#)

**145. Buil-Cosiales P, Zazpe I, Toledo E, et al.**  
Fiber intake and all-cause mortality in the PREDIMED study.  
[Am J Clin Nutr 2014;100:1498-507.](#)

**144. Casas R, Sacanella E, Urpí-Sardà M, et al.**  
The effects of the Mediterranean diet on biomarkers of vascular wall inflammation and plaque vulnerability in subjects with high risk for cardiovascular disease. A randomized trial.  
[PLoS One. 2014;9:e100084.](#)

- 143. Castro-Quezada I, Sánchez-Villegas A, Estruch R, et al.**  
A high dietary glycemic index increases total mortality in a Mediterranean population at high cardiovascular risk.  
[PLoS One. 2014;9:e107968.](#)
- 142. Mayneris-Perxachs J, Guerediain M, Castellote AI, et al.**  
Plasma fatty acid composition, estimated desaturase activities, and their relation with the metabolic syndrome in a population at high risk of cardiovascular disease.  
[Clin Nutr. 2014;33:90-7.](#)
- 141. Corella D, Sorlí JV, Estruch R, et al.**  
MicroRNA-410 regulated lipoprotein lipase variant rs13702 is associated with stroke incidence and modulated by diet in the randomized controlled PREDIMED trial.  
[Am J Clin Nutr. 2014;100:719-731.](#)
- 140. Corella D, Sorlí JV, González JI, et al.**  
Novel association of the obesity risk-allele near Fas Apoptotic Inhibitory Molecule 2 (FAIM2) gene with heart rate and study of its effects on myocardial infarction in diabetic participants of the PREDIMED trial.  
[Cardiovasc Diabetol. 2014;13:5.](#)
- 139. Díaz-López A, Bulló M, Chacón MR, et al.**  
Reduced circulating sTWEAK levels are associated with metabolic syndrome in elderly individuals at high cardiovascular risk.  
[Cardiovasc Diabetol. 2014;13:51.](#)
- 138. Doménech M, Roman P, Lapetra J, et al.**  
Mediterranean diet reduces 24-hour ambulatory blood pressure, blood glucose, and lipids: one-year randomized, clinical trial.  
[Hypertension. 2014;64:69-76.](#)
- 137. Fitó M, Estruch R, Salas-Salvador J, et al.**  
Effect of the Mediterranean diet on heart failure biomarkers: a randomized sample from the PREDIMED trial.  
[Eur J Heart Fail. 2014;16:543-50.](#)
- 136. Flores-Mateo G, Elosua R, Rodriguez-Blanco T, et al.**  
Oxidative stress is associated with an increased antioxidant defense in elderly subjects: a multilevel approach.  
[PLoS One. 2014;9:e105881.](#)
- 135. Garcia-Aloy M, Llorach R, Urpi-Sarda M, et al.**  
Novel multimetabolite prediction of walnut consumption by a urinary biomarker model in a free-living population: the PREDIMED study.  
[J Proteome Res. 2014;13:3476-83.](#)
- 134. García-López M, Toledo E, Beunza JJ, et al.**  
Mediterranean diet and heart rate: the PREDIMED randomised trial.  
[Int J Cardiol. 2014;171:299-301.](#)



**133. Guasch-Ferré M, Bulló M, Estruch R, et al.**

Dietary magnesium intake is inversely associated with mortality in adults at high cardiovascular disease risk.

[J Nutr. 2014;144:55-60.](#)

**132. Guasch-Ferré M, Hu FB, Martínez-González MA, et al.**

Olive oil intake and risk of cardiovascular disease and mortality in the PREDIMED Study.

[BMC Med. 2014;12:78.](#)

**131. Juanola-Falgarona M, Salas-Salvadó J, Martínez-González MÁ, et al.**

Dietary intake of vitamin K is inversely associated with mortality risk.

[J Nutr. 2014;144:743-50.](#)

**130. Martínez-González MA, Dominguez LJ, Delgado-Rodríguez M.**

Olive oil consumption and risk of CHD and/or stroke: a meta-analysis of case-control, cohort and intervention studies.

[Br J Nutr. 2014;112:248-59.](#)

**129. Martínez-González MA, Estruch R, Corella D, et al.**

Prevention of diabetes with Mediterranean diets.

[Ann Intern Med. 2014;161:157-8.](#)

**128. Martínez-González MA, García-Arellano A, Toledo E, et al.**

Obesity indexes and total mortality among elderly subjects at high cardiovascular risk: the PREDIMED study.

[PLoS One. 2014;9:e103246.](#)

**127. Martínez-González MA, Sánchez-Tainta A, Corella D, et al.**

A provegetarian food pattern and reduction in total mortality in the Prevención con Dieta Mediterránea (PREDIMED) study.

[Am J Clin Nutr. 2014;100\(Supplement 1\):320S-328S.](#)

**126. Martínez-González MÁ, Toledo E, Arós F, et al.**

Extravirgin olive oil consumption reduces risk of atrial fibrillation: the PREDIMED (Prevención con Dieta Mediterránea) trial.

[Circulation. 2014;130:18-26.](#)

**125. Martínez-Lapiscina EH, Galbete C, Corella D, et al.**

Genotype patterns at CLU, CR1, PICALM and APOE, cognition and Mediterranean diet: the PREDIMED-NAVARRA trial.

[Genes Nutr. 2014;9:393.](#)

**124. Mayneris-Perxachs J, Sala-Vila A, Chisaguano M, et al.**

Effects of 1-year intervention with a Mediterranean diet on plasma Fatty acid composition and metabolic syndrome in a population at high cardiovascular risk.

[PLoS One. 2014;9:e85202.](#)

- 123. Medina-Remón A, Tresserra-Rimbau A, Pons A, et al.**  
Effects of total dietary polyphenols on plasma nitric oxide and blood pressure in a high cardiovascular risk cohort. The PREDIMED randomized trial.  
[Nutr Metab Cardiovasc Dis. 2015;25:60-7](#)
- 122. Mejía-Lancheros C, Estruch R, Martínez-González MA, et al.**  
Blood pressure values and depression in hypertensive individuals at high cardiovascular risk.  
[BMC Cardiovasc Disord. 2014;14:109.](#)
- 121. Mejía-Lancheros C, Estruch R, Martínez-González MA, et al.**  
Impact of psychosocial factors on cardiovascular morbimortality: a prospective cohort study.  
[BMC Cardiovasc Disord. 2014;14:135.](#)
- 120. Ortega-Azorín C, Sorlí JV, Estruch R, et al.**  
Amino acid change in the carbohydrate response element binding protein is associated with lower triglycerides and myocardial infarction incidence depending on level of adherence to the Mediterranean diet in the PREDIMED trial.  
[Circ Cardiovasc Genet. 2014;7:49-58.](#)
- 119. Rodríguez-Rejón AI, Castro-Quezada I, Ruano-Rodríguez C, et al.**  
Effect of a Mediterranean Diet Intervention on Dietary Glycemic Load and Dietary Glycemic Index: The PREDIMED Study.  
[J Nutr Metab. 2014;2014:985373.](#)
- 118. Ros E, Martínez-González MA, Estruch R, et al.**  
Mediterranean diet and cardiovascular health: Teachings of the PREDIMED study.  
[Adv Nutr. 2014;5:330S-6S.](#)
- 117. Ruiz-Canela M, Estruch R, Corella D, et al.**  
Association of Mediterranean diet with peripheral artery disease: the PREDIMED randomized trial.  
[JAMA. 2014;311:415-7.](#)
- 116. Sala-Vila A, Romero-Mamani ES, Gilabert R, et al.**  
Changes in ultrasound-assessed carotid intima-media thickness and plaque with a Mediterranean diet: a substudy of the PREDIMED trial.  
[Arterioscler Thromb Vasc Biol. 2014;34:439-45.](#)
- 115. Salas-Salvadó J, Bulló M, Estruch R, et al.**  
Prevention of diabetes with Mediterranean diets: a subgroup analysis of a randomized trial.  
[Ann Intern Med. 2014;160:1-10.](#)
- 114. Schröder H, Salas-Salvadó J, Martínez-González MA, et al.**  
Baseline Adherence to the Mediterranean Diet and Major Cardiovascular Events: Prevención con Dieta Mediterránea Trial.  
[JAMA Intern Med. 2014;174:1690-2.](#)

**113. Tresserra-Rimbau A, Rimm EB, Medina-Remón A, et al.**

Inverse association between habitual polyphenol intake and incidence of cardiovascular events in the PREDIMED study.

[Nutr Metab Cardiovasc Dis. 2014;24:639-47.](#)

**112. Tresserra-Rimbau A, Rimm EB, Medina-Remón A, et al.**

Polyphenol intake and mortality risk: a re-analysis of the PREDIMED trial.

[BMC Med. 2014;12:77.](#)

**111. Becerra-Tomás N, Estruch R, Bulló M, et al.**

Increased serum calcium levels and risk of type 2 diabetes in individuals at high cardiovascular risk.

[Diabetes Care. 2014;37:3084-91](#)

**110. Lasa A, Miranda J, Bullo M**

Comparative effect of two Mediterranean diets versus a low-fat diet on glycaemic control in individuals with type 2 diabetes.

[Eur J Clin Nutr. 2014;68:767-72.](#)

## 2013

**109. Arós F, Corella D, Covas MI, et al.**

How to publish in The New England Journal of Medicine and not to die while trying it; the PREDIMED experience.

[Nutr Hosp. 2013 ;28:977-9.](#)

**108. Babio N, Ibarrola-Jurado N, Bulló M, et al.**

White blood cell counts as risk markers of developing metabolic syndrome and its components in the Predimed study.

[PLoS One 2013 ;8:e58354.](#)

**107. Bautista-Castaño I, Sánchez-Villegas A, Estruch R, et al.**

Changes in bread consumption and 4-year changes in adiposity in 2 Spanish subjects at high cardiovascular risk.

[British Journal of Nutrition. 2013 ;110:337-46.](#)

**106. Bulló M, Casas R, Portillo MP, et al.**

Dietary glycemic index/load and peripheral adipokines and inflammatory markers in elderly subjects at high cardiovascular risk.

[Nutr Metab Cardiovas 2013;23:443-50.](#)

**105. Castañer O, Corella D, Covas MI, et al.**

In vivo transcriptomic profile after a Mediterranean diet in high-cardiovascular risk patients: a randomized controlled trial.

[Am J Clin Nutr. 2013 ;98:845-53.](#)

**104. Corella D, Carrasco P, Sorlí JV, et al.**

Mediterranean Diet Reduces the Adverse Effect of the TCF7L2-rs7903146 Polymorphism on Cardiovascular Risk Factors and Stroke Incidence: A randomized controlled trial in a high-cardiovascular-risk population.

[Diabetes Care. 2013 ;36:3803-11.](#)

**103. Damasceno NR, Sala-Vila A, Cofán M, et al.**

Mediterranean diet supplemented with nuts reduces waist circumference and shifts lipoprotein subfractions to a less atherogenic pattern in subjects at high cardiovascular risk.

[Atherosclerosis. 2013 ;230:347-53.](#)

**102. de Lorgeril M.**

Mediterranean diet and cardiovascular disease: historical perspective and latest evidence.

[Curr Atheroscler Rep. 2013 ;15:370.](#)

**101. Díaz-López A, Bulló M, Juanola-Falgarona M, et al.**

Reduced serum concentrations of carboxylated and undercarboxylated osteocalcin are associated with risk of developing type 2 diabetes mellitus in a high cardiovascular risk population: a nested case-control study.

[J Clin Endocrinol Metab. 2013 ;98:4524-31.](#)

**100. Díaz-López A, Chacón MR, Bulló M, et al.**

Serum sTWEAK concentrations and risk of developing type 2 diabetes in a high cardiovascular risk population: a nested case-control study.

[J Clin Endocrinol Metab. 2013 ;98:3482-90.](#)

**99. Estruch R, Ros E, Salas-Salvadó J, et al.**

Primary Prevention of Cardiovascular Disease with a Mediterranean Diet.

[N Engl J Med. 2013 ;368:1279-90.](#)

**98. Estruch R, Salas-Salvadó J.**

Towards an even healthier Mediterranean diet.

[Nutr Metab Cardiovasc Dis. 2013 ;23:1163-6.](#)

**97. Fernandez-Cao JC, Arija V, Aranda N, et al.**

Heme iron intake and risk of new-onset diabetes in a Mediterranean population at high risk of cardiovascular disease: an observational cohort analysis.

[BMC Public Health. 2013 ;13:1042.](#)

**96. Fernández-Real JM, Corella D, Goumidi L, et al.**

Thyroid hormone receptor alpha gene variants increase the risk of developing obesity and show gene-diet interactions.

[Int J Obes \(Lond\). 2013 ;37:1499-505.](#)

- 95. García-Calzón S, Gea A, Razquin C, et al.**  
Longitudinal association of telomere length and obesity indices in an intervention study with a Mediterranean diet: the PREDIMED-NAVARRA trial.  
[Int J Obes \(Lond\) 2013;38:177-82](#)
- 94. Gea A, Beunza JJ, Estruch R, Sánchez-Villegas A, et al.**  
Alcohol intake, wine consumption and the development of depression: the PREDIMED study.  
[BMC Med. 2013 ;11:192.](#)
- 93. Guasch-Ferré M, Bulló M, Babio N, et al.**  
Mediterranean Diet and Risk of Hyperuricemia in Elderly Participants at High Cardiovascular Risk.  
[J Gerontol A Biol Sci Med Sci. 2013; 68:1263-70.](#)
- 92. Guasch-Ferré M, Bulló M, Martínez-González MÁ, et al.**  
Frequency of nut consumption and mortality risk in the PREDIMED nutrition intervention trial.  
[BMC Med. 2013 ;11:164.](#)
- 91. Hu EA, Toledo E, Diez-Espino J, et al.**  
Lifestyles and risk factors associated with adherence to the Mediterranean diet: a baseline assessment of the PREDIMED trial.  
[Plos One 2013 ;8:e60166.](#)
- 90. Ibarrola-Jurado N, Bulló M, Guasch-Ferré M, et al.**  
Cross-Sectional Assessment of Nut Consumption and Obesity, Metabolic Syndrome and Other Cardiometabolic Risk Factors: The PREDIMED Study.  
[PLoS One. 2013 ;8:e57367.](#)
- 89. Juanola-Falgarona M, Cándido-Fernández J, Salas-Salvadó J, et al.**  
Association between Serum Ferritin and Osteocalcin as a Potential Mechanism Explaining the Iron-Induced Insulin Resistance.  
[PLoS One. 2013 ;8:e76433.](#)
- 88. Juanola-Falgarona M, Salas-Salvadó J, Estruch R, et al.**  
Association between dietary phylloquinone intake and peripheral metabolic risk markers related to insulin resistance and diabetes in elderly subjects at high cardiovascular risk.  
[Cardiovasc Diabetol. 2013 ;12:7.](#)
- 87. Martínez-Lapiscina EH, Clavero P, Toledo E, et al.**  
Mediterranean diet improves cognition: the PREDIMED-NAVARRA randomised trial.  
[J Neurol Neurosurg Psychiatry. 2013 ;84:1318-25.](#)
- 86. Martínez-Lapiscina EH, Clavero P, Toledo E, et al.**  
Virgin olive oil supplementation and long-term cognition: the PREDIMED-NAVARRA randomized trial.  
[J Nutr Health Aging. 2013 ;17:544-52.](#)

- 85. Mayneris-Perxachsa J, Guerendiain M, Castellotea AI, et al.**  
Plasma fatty acid composition, estimated desaturase activities, and their relation with the metabolic syndrome in a population at high risk of cardiovascular disease.  
[Clin Nutr. 2013 ;29;8:e60166.](#)
- 84. Medina-Remón A, Vallverdú-Queralt A, Arranz-Martínez S, et al.**  
Gazpacho consumption is associated with lower blood pressure and reduced hypertension in a high cardiovascular risk cohort. Cross-sectional study within the PREDIMED trial.  
[Nutr Metab Cardiovasc Dis. 2013 ; 23;944-52.](#)
- 83. Mejía-Lancheros C, Estruch R, Martínez-González MA, et al.**  
Socioeconomic Status and Health Inequalities for Cardiovascular Prevention Among Elderly Spaniards.  
[Rev Esp Cardiol. 2013 ;66;803-811.](#)
- 82. Mitjavila MT, Fandos M, Salas-Salvadó J, et al.**  
The Mediterranean diet improves the systemic lipid and DNA oxidative damage in metabolic syndrome individuals. A randomized, controlled, trial.  
[Clin Nutr. 2013 ;32;172-8.](#)
- 81. Toledo E, Hu FB, Estruch R, et al.**  
Effect of the Mediterranean diet on blood pressure in the PREDIMED trial: results from a randomized controlled trial.  
[BMC Med. 2013 ;11;207.](#)
- 80. Tresserra-Rimbau A, Medina-Remón A, Pérez-Jiménez J, et al.**  
Dietary intake and major food sources of polyphenols in a Spanish population at high cardiovascular risk: The PREDIMED study.  
[Nutr Metab Cardiovasc Dis. 2013 ;23;953-9.](#)
- 79. Zamora-Ros R, Serafini M, Estruch R, et al.**  
Mediterranean diet and non enzymatic antioxidant capacity in the PREDIMED study: Evidence for a mechanism of antioxidant tuning.  
[Nutr Metab Cardiovasc Dis 2013;23:1167-74.](#)
- 78. Zampelas A.**  
Nuts and not olive oil decrease small and dense LDL: results from the PREDIMED Study.  
[Atherosclerosis. 2013;231;59-60.](#)
- 77. Sánchez-Villegas A, Martínez-González MA, Estruch R, et al.**  
Mediterranean dietary pattern and depression: the PREDIMED randomized trial.  
[BMC Med. 2013;11;208.](#)

# 2012

**76. Babio N, Sorlí M, Bulló M, et al.**

Association between red meat consumption and metabolic syndrome in a Mediterranean population at high cardiovascular risk: cross-sectional and 1-year follow-up assessment. [Nutr Metab Cardiovasc Dis. 2012 ;22:200-7.](#)

**75. Bulló M, Moreno-Navarrete JM, Fernández-Real JM, Salas-Salvadó J.**

Total and undercarboxylated osteocalcin predict changes in insulin sensitivity and  $\beta$  cell function in elderly men at high cardiovascular risk. [Am J Clin Nutr. 2012 ;95:249-55.](#)

**74. Cabré A, Babio N, Lázaro I, et al.**

FABP4 predicts atherogenic dyslipidemia development. The PREDIMED study. [Atherosclerosis 2012 ;222:229-34.](#)

**73. Corella D, Carrasco P, Sorlí JV, et al.**

Education modulates the association of the FTO rs9939609 polymorphism with body mass index and obesity risk in the Mediterranean population. [Nutr Metab Cardiovasc Dis 2012 ;22:651-8.](#)

**72. Corella D, Ortega-Azorín C, Sorlí JV, et al.**

Statistical and biological gene-lifestyle interactions of MC4R and FTO with diet and physical activity on obesity: new effects on alcohol consumption. [PLoS One. 2012 ;7:e52344.](#)

**71. Díaz-López A, Bulló M, Basora J, et al.**

Cross-sectional associations between macronutrient intake and chronic kidney disease in a population at high cardiovascular risk. [Clin Nutr. 2012 ; 32:606-12.](#)

**70. Díaz-López A, Bulló M, Martínez-González MA, et al.**

Effects of Mediterranean Diets on Kidney Function: A Report From the PREDIMED Trial. [Am J Kidney Disease 2012 ;60:380-9.](#)

**69. Fernández-Real JM, Bulló M, Moreno-Navarrete JM, et al.**

A Mediterranean diet enriched with olive oil is associated with higher serum total osteocalcin levels in elderly men at high cardiovascular risk. [J Clin Endocrinol Metab 2012 ;97:3792-8.](#)

**68. Guasch-Ferré M, Bulló M, Costa B, et al.**

A risk score to predict type 2 diabetes mellitus in an elderly Spanish Mediterranean population at high cardiovascular risk. [PLoS One 2012 ;7:e33437.](#)

- 67. Guasch-Ferré M, Bulló M, Martínez-González MA, et al.**  
Waist-to-Height Ratio and Cardiovascular Risk Factors in Elderly Individuals at High Cardiovascular Risk.  
[PLoS One 2012 ;7:e43275.](#)
- 66. Ibarrola-Jurado N, Salas-Salvadó J, Martínez-González MA, Bulló M.**  
Dietary phylloquinone intake and risk of type 2 diabetes in elderly subjects at high risk of cardiovascular disease.  
[Am J Clin Nutr. 2012 ;96:1113-8.](#)
- 65. Martínez-González MA, Corella D, Salas-Salvado J, et al.**  
Cohort profile: design and methods of the PREDIMED study.  
[Int J Epidemiol. 2012 ;41:377-85.](#)
- 64. Martínez-González MA, García-Arellano A, Toledo E, et al.**  
A 14-Item Mediterranean Diet Assessment Tool and Obesity Indexes among High-Risk Subjects: The PREDIMED Trial.  
[PLoS One 2012 ;7:e43134.](#)
- 63. Ortega-Azorín C, Sorlí JV, Asensio EM, et al.**  
Associations of the FTO rs9939609 and the MC4R rs17782313 polymorphisms with type 2 diabetes are modulated by diet, being higher when adherence to the Mediterranean diet pattern is low.  
[Cardiovasc Diabetol 2012 ;11:137.](#)
- 62. Urpi-Sarda M, Casas R, Chiva-Blanch G, et al.**  
The Mediterranean diet pattern and its main components are associated with lower plasma concentrations of tumor necrosis factor receptor 60 in patients at high risk for cardiovascular disease.  
[J Nutr 2012 ;142:1019-25.](#)
- 61. Urpi-Sarda M, Casas R, Chiva-Blanch G, et al.**  
Virgin olive oil and nuts as key foods of the Mediterranean diet effects on inflammatory biomarkers related to atherosclerosis.  
[Pharmacol Res. 2012 ;65:577-83.](#)
- 60. Valls-Pedret C, Lamuela-Raventós RM, Medina-Remón A, et al.**  
Polyphenol-rich foods in the Mediterranean diet are associated with better cognitive function in elderly subjects at high cardiovascular risk.  
[Journal of Alzheimer Disease 2012 ;29:773-82.](#)
- 59. Zamora-Ros R, Urpi-Sarda M, Lamuela-Raventós RM, et al.**  
High urinary levels of resveratrol metabolites are associated with a reduction in the prevalence of cardiovascular risk factors in high-risk patients.  
[Pharmacol Res. 2012 ;65:615-20.](#)



# 2011

**58. Bach-Faig A, Berry EM, Lairon D, et al.**

Mediterranean Diet Foundation Expert Group. Mediterranean diet pyramid today. Science and cultural updates.

[Public Health Nutrition 2011 ;14:2274-84.](#)

**57. Bulló M, Garcia-Aloy M, Basora J, et al.**

Bone quantitative ultrasound measurements in relation to the metabolic syndrome and type 2 diabetes mellitus in a cohort of elderly subjects at high risk of cardiovascular disease from the PREDIMED study.

[J Nutr Health Aging. 2011 ;15:939-44.](#)

**56. Bulló M, Garcia-Aloy M, Martínez-González MA, et al.**

Association between a healthy lifestyle and general obesity and abdominal obesity in an elderly population at high cardiovascular risk.

[Prev Med. 2011 ;53:155-61.](#)

**55. Casas-Agustench P, Bulló M, Ros E, Basora J, et al.**

Cross-sectional association of nut intake with adiposity in a Mediterranean population.

[Nutr Metab Cardiovasc Dis. 2011 ;21:518-25](#)

**54. Diez-Espino J, Buil-Cosiales P, Serrano-Martínez M, et al.**

Adherence to the Mediterranean diet in patients with type 2 diabetes mellitus and HBA1c Level.

[Annals of Nutrition and Metabolism 2011 ;58:74-8.](#)

**53. Martínez N, Urpi-Sarda M, Martínez-González MA, et al.**

Dealcoholised beers reduce atherosclerosis and expression of adhesion molecules in apoE-deficient mice.

[Br J Nutr. 2011 ;105:721-30.](#)

**52. Medina-Remón A, Zamora-Ros R, Rotchés-Ribalta M, et al.**

Total polyphenol excretion and blood pressure in subjects at high cardiovascular risk.

[Nutr Metab Cardiovasc Dis. 2011 ;21:323-31](#)

**51. Murie-Fernández M, Irimia P, Toledo E, et al.**

Carotid intima-media thickness changes with Mediterranean diet: A randomized trial (PREDIMED-NAVARRA).

[Atherosclerosis. 2011 ;219:158-62.](#)

**50. Sala-Vila A, Harris WS, Cofán M, et al.**

Determinants of the omega-3 index in a Mediterranean population at increased risk for CHD.

[Br J Nutr. 2011 ;106:425-31](#)

- 49. Salas-Salvadó J, Bulló M, Babio N, et al.**  
Reduction in the Incidence of Type 2-Diabetes with the Mediterranean Diet: Results of the PREDIMED-Reus Nutrition Intervention Randomized Trial.  
[Diabetes Care 2011 ;34:14-9.](#)
- 48. Sánchez-Villegas A, Galbete C, Martínez-González MA, et al.**  
The effect of the Mediterranean Diet on plasma Brain Derived Neurotrophic Factor (BDNF) levels: the PREDIMED-NAVARRA randomized trial.  
[Nutr Neurosci 2011 ;14:195-201.](#)
- 47. Solá R, Fitó M, Estruch R, et al.**  
Effect of a traditional Mediterranean diet on apolipoproteins B, A-I, and their ratio: A randomized, controlled trial.  
[Atherosclerosis. 2011 ;218:174-80.](#)
- 46. Schröder H, Fitó M, Estruch R, et al.**  
A short screener is valid for assessing Mediterranean diet adherence among older Spanish men and women.  
[J Nutr.2011;141:1140-5.](#)
- 45. Sotos Prieto M, Guillen M, Sorlí JV, et al.**  
Meat and fish consumption in a high cardiovascular risk Spanish Mediterranean population.  
[Nutr Hosp. 2011;26:1033-40](#)
- 44. Martínez-González MA, Bes-Rastrollo M**  
Nut consumption, weight gain and obesity: Epidemiological evidence.  
[Nutr Metab Cardiovasc Dis. 2011;21 Suppl 1;S40-5.](#)
- 43. Corella D, Arregui M, Coltell O, et al.**  
Association of the LCT-13910C>T polymorphism with obesity and its modulation by dairy products in a Mediterranean population.  
[Obesity \(Silver Spring\). 2011;19:1707-14](#)

## 2010

- 42. Corella D, Carrasco P, Fitó M, et al.**  
Gene-environment interactions of CETP gene variation in a high cardiovascular risk Mediterranean population.  
[J Lipid Res. 2010 ; 51:2798-807.](#)
- 41. de la Fuente-Arrillaga C, Vázquez Ruiz Z, Bes-Rastrollo M, et al.**  
Reproducibility of an FFQ validated in Spain.  
[Public Health Nutr. 2010 ;28:1-9.](#)

**40. Estruch R.**

Anti-inflammatory effects of the Mediterranean diet: the experience of the PREDIMED study.

[Proc Nutr Soc. 2010 ; 69:333-40.](#)

**39. Fernández-Ballart JD, Piñol JL, Zazpe I, et al.**

Relative validity of a semi-quantitative food-frequency questionnaire in an elderly Mediterranean population of Spain.

[Br J Nutr. 2010 ;1-9.](#)

**38. Konstantinidou V, Covas MI, Muñoz-Aguayo D, et al.**

In vivo nutrigenomic effects of virgin olive oil polyphenols within the frame of the Mediterranean diet: a randomized controlled trial.

[FASEB J. 2010 ;24:2546-57.](#)

**37. Llorente-Cortés V, Estruch R, Mena MP, et al.**

Effect of Mediterranean diet on the expression of pro-atherogenic genes in a population at high cardiovascular risk.

[Atherosclerosis. 2010 ;208:442-50.](#)

**36. Lohse B, Psota T, Estruch R, et al.**

Eating Competence of Elderly Spanish Adults is Associated with a Healthy Diet and a Favorable Cardiovascular Disease Risk Profile.

[J Nutr. 2010 ; 140:1322-7.](#)

**35. Perona JS, Covas MI, Fito M, et al.**

Reduction in systemic and VLDL triacylglycerol concentration after a 3-month Mediterranean-style diet in high-cardiovascular-risk subjects

[J Nutr Biochem. 2010 ; 21:892-8.](#)

**34. Prieto RM, Fiol M, Perello J, et al.**

Effects of Mediterranean diets with low and high proportions of phytate-rich foods on the urinary phytate excretion.

[Eur J Nutr. 2010 ;49:321-6.](#)

**33. Razquin C, Martínez JA, Martínez-González MA, et al.**

A 3-year intervention with a Mediterranean diet modified the association between the rs9939609 gene variant in FTO and body weight changes.

[Int J Obes. 2010 ;34:266-72.](#)

**32. Razquin C, Martínez JA, Martínez-Gonzalez MA, et al.**

A Mediterranean diet rich in virgin olive oil may reverse the effects of the - 174G/C IL6 gene variant on 3-year body weight change.

[Mol Nutr Food Res. 2010 ; 54, 1-8.](#)

**31. Sotos-Prieto M, Guillén M, Guillem-Sáiz P, et al.**

The rs1466113 polymorphism in the somatostatin receptor 2 gene is associated with obesity and food intake in a Mediterranean population.

[Ann Nutr Metab. 2010 ; 57:124-31.](#)

**30. Zazpe I, Estruch R, Toledo E, et al.**

Predictors of adherence to a Mediterranean-type diet in the PREDIMED trial.

[Eur J Nutr. 2010;49:91-9.](#)

**29. Sotos-Prieto M, Carrasco P, Sorlí JV**

Coffee and tea consumption in a high cardiovascular risk Mediterranean population

[Nutr Hosp. 2010;25:388-93.](#)

## 2009

**28. Babio N, Bulló M, Basora J, et al.**

Adherence to the Mediterranean diet and risk of metabolic syndrome and its components.

[Nutr Metab Cardiovasc Dis. 2009;19:563-70.](#)

**27. Barceló F, Perona JS, Prades J, et al.**

Mediterranean-style diet effect on the structural properties of the erythrocyte cell membrane of hypertensive patients: the Prevencion con Dieta Mediterranea Study.

[Hypertension. 2009;54:1143-50.](#)

**26. Buil-Cosiales P, Irimia P, Ros E, et al.**

Dietary fibre intake is inversely associated with carotid intima-media thickness: a cross-sectional assessment in the PREDIMED study.

[Eur J Clin Nutr. 2009;63:1213-9.](#)

**25. Bulló M, Amigó-Correig P, Márquez-Sandoval F, et al.**

Mediterranean diet and high dietary acid load associated with mixed nuts: effect on bone metabolism in elderly subjects..

[J Am Geriatr Soc. 2009;57:1789-98.](#)

**24. Corella D, González JI, Bulló M, et al.**

Polymorphisms cyclooxygenase-2 -765G>C and interleukin-6 -174G>C are associated with serum inflammation markers in a high cardiovascular risk population and do not modify the response to a Mediterranean diet supplemented with virgin olive oil or nuts.

[J Nutr. 2009;139:128-34.](#)

**23. Escurriol V, Cofán M, Serra M, et al.**

Serum sterol responses to increasing plant sterol intake from natural foods in the Mediterranean diet.

[Eur J Nutr. 2009;48:373-82.](#)

**22. Estruch R, Martínez-González MA, Corella D, et al.**

Effects of dietary fibre intake on risk factors for cardiovascular disease in subjects at high risk.

[J Epidemiol Community Health. 2009;63:582-8.](#)

**21. Fandos M, Corella D, Guillén M, et al.**

Impact of cardiovascular risk factors on oxidative stress and DNA damage in a high risk Mediterranean population.

[Free Radic Res. 2009;43:1179-86.](#)

**20. Guxens M, Fitó M, Martínez-González MA, et al.**

Hypertensive status and lipoprotein oxidation in an elderly population at high cardiovascular risk.

[Am J Hypertens. 2009;22:68-73.](#)

**19. Martinez-Gonzalez MA, Bes-Rastrollo M, Serra-Majem L, et al.**

Mediterranean food pattern and the primary prevention of chronic disease: recent developments.

[Nutr Rev. 2009;67:S1111-6.](#)

**18. Medina-Remón A, Barrionuevo-González A, Zamora-Ros R, et al.**

Rapid Folin-Ciocalteu method using microtiter 96-well plate cartridges for solid phase extraction to assess urinary total phenolic compounds, as a biomarker of total polyphenols intake.

[Anal Chim Acta. 2009;634:54-60.](#)

**17. Mena MP, Sacanella E, Vazquez-Agell M, et al.**

Inhibition of circulating immune cell activation: a molecular antiinflammatory effect of the Mediterranean diet.

[Am J Clin Nutr. 2009;89:248-56.](#)

**16. Razquin C, Martínez JA, Martinez-Gonzalez MA, et al.**

A 3 years follow-up of a Mediterranean diet rich in virgin olive oil is associated with high plasma antioxidant capacity and reduced body weight gain.

[Eur J Clin Nutr. 2009 ;63:1387-93.](#)

**15. Razquin C, Martinez JA, Martinez-Gonzalez MA, et al.**

The Mediterranean diet protects against waist circumference enlargement in 12Ala carriers for the PPARgamma gene: 2 years' follow-up of 774 subjects at high cardiovascular risk.

[Br J Nutr. 2009;102:672-9.](#)

**14. Schröder H, de la Torre R, Estruch R, et al.**

Alcohol consumption is associated with high concentrations of urinary hydroxytyrosol

[Am J Clin Nutr. 2009;90:1329-35.](#)

**13. Toledo E, Delgado-Rodríguez M, Estruch R, et al.**

Low-fat dairy products and blood pressure: follow-up of 2290 older persons at high cardiovascular risk participating in the PREDIMED study.

[Br J Nutr. 2009;101:59-67.](#)

**12. Zamora-Ros R, Urpí-Sardà M, Lamuela-Raventós RM, et al.**

Resveratrol metabolites in urine as biomarker of wine intake in free-living subjects: The PREDIMED Study.

[Free Radic Biol Med. 2009;46:1562-6.](#)

## 2008

**11. Buil-Cosiales P; Irimia P; Berrade N; et al.**

Carotid intima-media thickness is inversely associated with olive oil consumption.

[Atherosclerosis. 2008;196:742-8.](#)

**10. Salas-Salvadó J, Fernández-Ballart J, Ros E, et al.**

Effect of a Mediterranean diet supplemented with nuts on metabolic syndrome status: one-year results of the PREDIMED randomized trial.

[Arch Intern Med. 2008;168:2449-58.](#)

**9. Salas-Salvadó J; Garcia-Arellano A; Estruch R; et al.**

Components of the Mediterranean-type food pattern and serum Inflammatory markers among patients at high risk for cardiovascular disease.

[Eur J Clin Nutr. 2008;62:651-9.](#)

**8. Sánchez-Tainta A; Estruch R ; Bulló M; et al.**

Adherence to a Mediterranean-type diet and reduced prevalence of clustered cardiovascular risk factors in a cohort of 3204 high-risk subjects

[Eur J Cardiovasc Prev Rehab. 2008;15:589-93.](#)

**7. Zazpe I; Sánchez-Tainta A; et al, for the PREDIMED group.**

A Large Randomized Individual and Group Intervention Conducted by Registered Dietitians Increased Adherence to Mediterranean - TypeDiets: The PREDIMED Study

[J Am Diet Assoc. 2008;108:1134-1144.](#)

## 2007

**6. Fitó M; Guxens M; Corella D; et al.**

Effect of a Traditional Mediterranean Diet on Lipoprotein Oxidation. A Randomized Controlled Trial.

[Arch Intern Med. 2007;167:1195-203.](#)

**5. Samaha F; Martínez-González MA; Ros E; et al.**

Effects of a Mediterranean-Style Diet on Cardiovascular Risk Factors (Letter).

[Ann Intern Med. 2007;146:73; author reply 73-4.](#)

# 2006

**4. Estruch R; Martínez-González MA; Corella D; et al.**

Effects of a Mediterranean-Style Diet on Cardiovascular Risk Factors. A Randomized Trial.

[Ann Intern Med. 2006;145:1-11.](#)

**3. Trichopoulou A; Corella D; Martínez-González MA; et al.**

The Mediterranean Diet and Cardiovascular Epidemiology.

[Nutr Rev. 2006;64:13-19.](#)

**2. Zamora-Ros R; Urpí-Sardà M; Lamuela-Raventós RM; et al.**

Diagnostic Performance of Urinary Resveratrol Metabolites as a Biomarker of Moderate Wine Consumption.

[Clin Chem. 2006;52:1373-80.](#)

**1. Serra-Majem L; Roman B; Estruch R.**

Scientific evidence of interventions using the Mediterranean diet: a systematic review.

[Nutr Rev. 2006;64:27-47](#)