



Health effects of olive oil and the mediterranean diet

WEIGHT AND ANTHROPOMETRIC MEASURES

EFFECT SIZE



The Mediterranean diet was efficacious for long-term weight loss in overweight or obese individuals compared with low-fat diets, but not compared with other diets (a low carbohydrate diet or the American Diabetes Association diet).

Mancini, J.G., et al., Systematic Review of the Mediterranean Diet for Long-Term Weight Loss. Am J Med, 2016. 129(4): p. 407-415 e4.

What is the effect?

Reduction in body weight

Reduction in BMI

Reduction in waist circumference

Click for full results



WHAT IS THE QUALITY OF THE EVIDENCE?

Primary outcomes measured:

weight loss, BMI, waist circumference



Overweight or obese adults, trying to lose weight

5 randomised controlled trials



Mediterranean diet and weight loss over 12 months or more

KEY RESULTS



A Mediterranean diet at 12 months resulted in:

REDUCTION IN BODY WEIGHT =

range of 3.8 to 10.1 kg weight loss vs. pre-intervention.

Significant vs. low-fat diet in 3 of 3 RCTs

Not significant vs. other diets in 2 of 2 RCTs

REDUCTION IN BMI =

mean range of -1.0 to -3.3 kg/m² decrease vs. pre-intervention

REDUCTION IN WAIST CIRCUMFERENCE =

mean range of -3.5 to -9.3 cm lost vs. pre-intervention

WHAT TO KEEP IN MIND?

Limitations

- Only 5 RCTs were included.
- Heterogeneity in design, population, and comparator meant the authors were unable to statistically pool the data across trials.
- 90% of included participants had established cardiovascular disease or type 2 diabetes, meaning the generalisability of the results to the general population with overweight or obesity who are otherwise healthy is unclear.

WHAT'S THE BOTTOM LINE?

The Mediterranean diet resulted in weight loss and a reduction in BMI and waist circumference over the longer-term in overweight or obese individuals.

It was more efficacious than a low fat diet, but not compared to other diets.

OTHER REVIEWS

Anton, S.D., et al., Effects of Popular Diets without Specific Calorie Targets on Weight Loss Outcomes: Systematic Review of Findings from Clinical Trials. Nutrients, 2017. 9(8).

Bendall, C.L., et al., Central obesity and the Mediterranean diet: A systematic review of intervention trials. Crit Rev Food Sci Nutr, 2017: p. 1-15.

Sayon-Orea, C., S. Carlos, and M.A. Martinez-Gonzalez, Does cooking with vegetable oils increase the risk of chronic diseases?: a systematic review. Br J Nutr, 2015. 113 Suppl 2: p. S36-48.

Esposito, K., et al., Mediterranean diet and weight loss: meta-analysis of randomized controlled trials. Metab Syndr Relat Disord, 2011. 9(1): p. 1-12.

Nordmann, A.J., et al., Meta-analysis comparing Mediterranean to low-fat diets for modification of cardiovascular risk factors. Am J Med, 2011. 124(9): p. 841-51 e2.

Kastorini, C.M., et al., Mediterranean diet and coronary heart disease: is obesity a link? - A systematic review. Nutr Metab Cardiovasc Dis, 2010. 20(7): p. 536-51.

Buckland, G., A. Bach, and L. Serra-Majem, Obesity and the Mediterranean diet: a systematic review of observational and intervention studies. Obes Rev, 2008. 9(6): p. 582-93.

