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Observational Study

Good adherence to mediterranean diet can prevent gastrointestinal symptoms: A survey from Southern Italy

Francesco Paolo Zito, Barbara Polese, Letizia Vozzella, Antonietta Gala, Daniela Genovese, Viviana Verlezza, Fabiana Medugno, Antonello Santini, Luigi Barrea, Martina Cargioli, Paolo Andreozzi, Giovanni Sarnelli, Rosario Cuomo

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1 Jul 2014 ... The **Mediterranean diet** (MD) is considered one of the healthiest dietary models. Particularly, MD **adherence can** be computed through various ... For instance, in **South Italy** and in other countries of the Mediterranean basin (e.g., France lactation represents the **best** prevention strategy to **avoid** allergy ...

[Mediterranean diet - Wikipedia, the free encyclopedia](https://en.wikipedia.org/wiki/Mediterranean_diet)https://en.wikipedia.org/wiki/Mediterranean_diet

The **Mediterranean diet** is a modern nutritional recommendation originally inspired by the dietary patterns of Greece, **Southern Italy**, and Spain in the 1940s and ... is thought to be the health **effects** of olive oil included in the **Mediterranean diet**. **adherence** to the **Mediterranean diet** was associated with a decreased risk of ...

[Definitions and potential health benefits of the Mediterranean diet ...](https://bmcmedicine.biomedcentral.com/articles/10.1186/s13054-015-1211-2)[bmcmedicine.biomedcentral.com/articles/10.../1741-7015-12-112](https://bmcmedicine.biomedcentral.com/articles/10.1186/s13054-015-1211-2)

In a somewhat reductionist approach, the traditional **Mediterranean diet can** be ... to health because they constrain the levels of the '**good**' HDL cholesterol and ... basin, mainly in Crete, much of the rest of Greece and **Southern Italy** [18]. report new **gastrointestinal** or non-**gastrointestinal symptoms** after adhering to the ...

Good adherence to mediterranean diet can prevent gastrointestinal symptoms: A

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1 Jul 2014 ... Particularly, MD adherence can be computed through various ... For instance, in South Italy and in other countries of the Mediterranean basin (e.g., France and ... and lactation represents the best prevention strategy to avoid allergy ... The main microbiome that is placed in our GI tract during adulthood is ...

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Mediterranean diet adherence and body composition among Southern Italian adolescents. ... of Hygiene and Preventive Medicine, University of Catania, Catania, Italy. ... A good adherence to the Mediterranean diet resulted in 30% decreased ... and dietary habits education to prevent overweight and obesity in adolescent.

[Primary Prevention of Cardiovascular Disease with a Mediterranean ...](#)

www.nejm.org/doi/full/10.1056/NEJMoa1200303 ▼

The two Mediterranean-diet groups had good adherence to the intervention, according to ... No diet-related adverse effects were reported. ... a Mediterranean diet supplemented with extra-virgin olive oil or nuts reduced the incidence of ... This could be due to stronger effects on specific risk factors for stroke but also to a ...

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缺少字词: prevent southern

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