

ABSTRACT

The Mediterranean diet (MD) is a well-known worldwide diet and is followed by many people. The fundamental reason is that the actual ingredients and the quantity of them used in this diet have been shown to help in the prevention of diseases. Everyday consumption of olive oil, vegetables, fruits, and whole grains, combined with the frequent intake of fish, dairy products, and controlled consumption of red meat and eggs have been associated with a substantial decrease in the incidence of many cardiovascular diseases (CVD). This has also been proven by either each component consumed acting individually or all the ingredients acting together, complimenting each other's influence. The MD seems to have occupied the scientific community a lot since it is proposed as the primary prevention against various diseases, especially heart diseases and their risk factors, such as diabetes mellitus (DM), atherosclerosis, obesity, and dyslipidemia. This paper (DT) analyzes the different types of food included in the Mediterranean pyramid, their effects on health, and the evidence that confirms the above assumption.