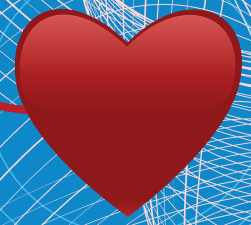


... just the FACTS



MEDITERRANEAN-STYLE DIET HIGHER IN RED MEAT REDUCES LDL CHOLESTEROL AND BLOOD PRESSURE

STUDY DESIGN:

Randomized controlled feeding trial, investigator-blinded with crossover design.

OBJECTIVE:

To assess the effects of different amounts of red meat in a Mediterranean diet on key CVD risk factors in overweight and obese adults.

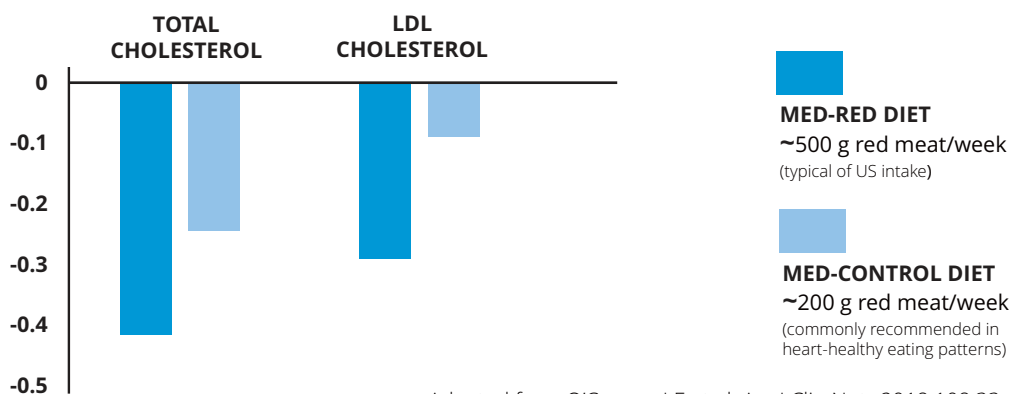
DIETS:

- 2 Mediterranean-style diets, fed for 5 weeks, separated by a 4-week washout period.
- Diets differed mainly in amounts of lean, unprocessed red meat (beef/pork) and poultry.

RESULTS:

- Overweight and obese adults achieved a significant decrease in Total-C, LDL-C and Blood Pressure within 5 weeks on Med-Red diet.
- Med-Red diet reduced LDL-C more effectively than Med-Control diet.
- Med-Control diet did not lower LDL-C significantly within 5 weeks.
- Participants lost 0.6 kg more with Med-Red than Med-Control diet.

Decrease in Total and LDL Cholesterol after consuming a Med-Red or Med-Control diet for 5 weeks.



Adapted from O'Connor LE et al. Am J Clin Nutr 2018;108:33-40 (Figure 1, p.37).

CONCLUSION:

A Mediterranean-style diet with higher amounts of lean, unprocessed red meat can help overweight and obese adults reduce LDL cholesterol and blood pressure.