This large Spanish trial randomised patients at high risk of CVD to an intervention advice including the Mediterranean diet alongside supplementation with either olive oils or mixed nuts.

The pragmatic difficulties of undertaking clinical nutrition trials are well established and indeed, this is the reason why observational studies form the bedrock of our evidence base in this area. There also remain unanswered questions about how the findings may be translated to countries outside of the Mediterranean region, where the typical diets may not be entirely amenable to adaptation to features of this diet.

As with any landmark study, interpretations of the results have varied according to the outlook of the reader, with editorials and responses varying in their levels of optimism and criticism. However, in light of these compelling results, we may be tempted to start recommending the Mediterranean diet with greater conviction, particularly to those patients who are concerned about, or at high risk of, developing CVD. Anticipating this, some of the important elements of this dietary pattern are reviewed here.

THE TRADITIONAL MEDITERRANEAN DIET

The traditional Mediterranean diet existed in various forms widely in the fishing villages around the Mediterranean Sea after the Second World War but global urbanisation and the increased availability of processed goods and fast foods have meant it has become increasingly rare. In a 2010 UNESCO report, the diet was inscribed onto the Representative List of the Intangible Cultural Heritage of Humanity. http://www.unesco.org/cultural/about/en/17331-EN.pdf (accessed 7 Feb 2016).

The Mediterranean diet is clear, although many generations. They also deal with implications for primary care, to begin to distil this information in a coherent way to receptive and motivated care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motivated primary care, to begin to distil this information in a coherent way to receptive and motiva...