

The effects of global warming on the mediterranean population's fitness.

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Introduction

The Mediterranean diet is influenced by the eating habits of people who live around the Mediterranean Sea. When it was first established in the 1960s, it was influenced by the cuisines of Greece, Turkey, Italy, and Spain. Over the years, other Mediterranean cuisines, such as those from the Levant and North Africa, have been added.

The main features of this diet are a proportionally high intake of olive oil, legumes, unrefined cereals, fruits, and vegetables, a moderate to high intake of fish, a moderate intake of dairy products (mostly in the form of cheese and yoghurt), a moderate intake of wine, and a low intake of non-fish meat products. Olive oil has been investigated as a possible health factor for lowering all-cause mortality and chronic disease risk [1].

The Mediterranean diet has been related to a lower risk of death from any cause in observational studies. Despite some evidence indicating the Mediterranean diet lowers the risk of heart disease and premature death, a 2019 review determined that the evidence was of poor quality and inconclusive. The American Heart Association and the American Diabetes Association both promote the Mediterranean diet as a healthy eating pattern that may reduce the risk of cardiovascular disease and type 2 diabetes, respectively. Obese persons may lose weight by following a Mediterranean diet. The Mediterranean diet is one of three healthy diets recommended in the 2015-2020 Dietary Guidelines for Americans, along with the DASH diet and a vegetarian diet [2].

The Mediterranean diet as a nutritional recommendation is distinct from the cultural practises listed on the Representative List of the Intangible Cultural Heritage of Humanity in 2010 under the heading "Mediterranean diet": "a set of skills, knowledge, rituals, symbols, and traditions concerning crops, harvesting, fishing, animal husbandry, conservation, processing, cooking, and particularly the sharing and consumption of food," not as a specific set of fodder. Croatia, Cyprus, Greece, Italy, Morocco, Spain, and Portugal are among the sponsors [3].

Cardiovascular diseases

The Mediterranean diet is one of the dietary patterns that has been linked to a lower risk of heart disease. According to a Cochrane analysis, there is little evidence that a Mediterranean diet improves cardiovascular risk factors. Mediterranean, vegan, vegetarian, low-glycemic index, low-carbohydrate, high-fiber, and high-protein diets were compared to control diets in a meta-analysis. According to the findings, Mediterranean,

low-carbohydrate, low-glycemic index, and high-protein diets are beneficial in lowering markers of cardiovascular disease and diabetes risk, but vegetarian diets had a limited effect on glycemic control and lipid levels unrelated to weight loss. However, early 2016 assessments were more cautious: questions regarding the quality of prior systematic reviews assessing the impact of a Mediterranean diet on cardiovascular risk factors were raised, and more standardised research was determined to be necessary, and the evidence for the Mediterranean diet's potential to protect vascular disease was "minimal and very diverse." The capacity of a Mediterranean diet to improve cardiovascular risk factors, such as lowering the risk of hypertension and other cardiovascular diseases, has been studied extensively [4].

The Mediterranean diet is strong in monounsaturated fat and dietary fibre and low in saturated fat. One suspected factor is the Mediterranean diet's potential health benefits from olive oil. Olive oil includes monounsaturated fats, the most prominent of which is oleic acid, which is currently being studied in clinical trials for its possible health advantages. The Panel on Dietetic Products, Nutrition, and Allergies of the European Food Safety Authority accepted health claims on olive oil for its polyphenols' protection against oxidation of blood lipids and for its anti-inflammatory properties. the role of oleic acid in maintaining normal blood LDL cholesterol levels by replacing saturated fats in the diet According to a meta-analysis, increased consumption of olive oil is linked to a lower risk of all-cause mortality, cardiovascular events, and stroke, whereas monounsaturated fatty acids from both animal and plant origin had no effect [5].

References

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