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A Mediterranean diet with unlimited fat intake might lower the risk for cardiovascular events, breast cancer, and diabetes, according to a systematic review in the *Annals of Internal Medicine*. The authors, however, emphasize that the strength of the evidence was low for many outcomes.

The analysis included 56 controlled or cohort studies in which a Mediterranean diet with unrestricted fat intake was compared with any other diet. Among the findings:

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In one randomized trial, a Mediterranean diet was associated with a 29% reduction in risk for CV events, 57% reduction in breast cancer risk, and 30% reduction in diabetes risk.

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In two randomized trials, there was no association between a Mediterranean diet and all-cause mortality.

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Pooled data from cohort studies suggested a link between high adherence to a Mediterranean diet and reduced risk for total and lung cancer, but no association with breast cancer

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