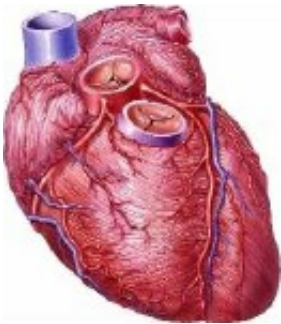


Components of mediterranean lifestyle cut postprandial lipemia

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(HealthDay)—Components of the Mediterranean lifestyle may reduce postprandial lipemia (PPL), an independent risk factor for cardiovascular disease, according to a review published online July 7 in the *American Journal of Physiology: Endocrinology and Metabolism*.

Maria I. Maraki, Ph.D., and Labros S. Sidossis, Ph.D., from Harokopio University in Athens, Greece, conducted a review to update the effect of lifestyle on plasma triacylglycerols in the postprandial state.

The researchers note that most components of the Mediterranean lifestyle, with the exception of wine, may reduce PPL. Olive oil was found to be a main component of this pattern. Other components of the Mediterranean lifestyle, including fish, legumes, and herbs, showed additional benefits, although limited data were available on the long-term

effects. Physical activity, which is a major component of the Mediterranean lifestyle, has been shown to reduce PPL.

"More studies are needed to confirm these results, investigate long-term effects, and most importantly, investigate the lifestyle as a whole," the authors write. "In addition, investigation of the underlying mechanisms would increase our knowledge and may be also helpful in the clinical setting."

More information: [Full Text \(subscription or payment may be required\)](#)

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