

Vitale M, Masulli M, Calabrese I et al. Impact of a Mediterranean Dietary Pattern and Its Components on Cardiovascular Risk Factors, Glucose Control, and Body Weight in People with Type 2 Diabetes: A Real-Life Study. *Nutrients* 10: 1067, 2018.

D'Alessandro AD, Lampignano L, De Pergola G. Mediterranean Diet Pyramid: A Proposal for Italian People. A Systematic Review of Prospective Studies to Derive Serving Sizes. *Nutrients* 11: 1296. 2019.

Menotti A, Puddu PE. How the Seven Countries Study contributed to the definition and development of the Mediterranean diet concept: a 50-year journey. *Nutr Metab Cardiovasc Dis.* 25: 245-52, 2015.

Sofi F, Cesari F, Abbate R et al., Adherence to Mediterranean diet and health status: meta-analysis. *BMJ* 337: a1344, 2008.

Dinu M, Pagliai G, Casini A, Sofi F. Mediterranean diet and multiple health outcomes: an umbrella review of meta-analyses of observational studies and randomised trials *European Journal of Clinical Nutrition* 72: 30–43, 2018.

Davis CR, Hodgson JM, Woodman R, Bryan J, Wilson C, Murphy KJ. A Mediterranean diet lowers blood pressure and improves endothelial function: results from the MedLey randomized intervention trial. *Am J Clin Nutr.* 105: 1305-1313, 2017.

Jennings A, Berendsen AM, deGroot LCPGM et al. Mediterranean-Style Diet Improves Systolic Blood Pressure and Arterial Stiffness in Older Adults Results of a 1-Year European Multi-Center Trial *Hypertension* 73: 578-586, 2019.

Dyer J, Davison G, Marcora SM, Mauger AR. Effect of a mediterranean type diet on inflammatory and cartilage degradation biomarkers in patients with osteoarthritis *J Nutr Health Aging* 21: 562-566, 2017.