# Harvard Study Shows Mediterranean Diet Boosts Women's Longevity



### Impact of Mediterranean Diet on Longevity in Women

A long-term study by Harvard University has revealed that adherence to the Mediterranean diet significantly extends life expectancy in women. Conducted over 25 years and published in JAMA Network Open, the study followed 25,315 healthy middle-aged women to examine dietary impacts on mortality.

Participants were surveyed about their diet habits and assigned adherence scores. The diet emphasized vegetables, fruits, whole grains, legumes, nuts, and healthy fats like olive oil. Red meat and processed foods were minimally consumed, while fish and moderate alcohol intake were recommended.

Findings showed that women who closely followed the diet experienced a 23% lower risk of death from all causes. A high adherence score (six to nine) correlated with a significant reduction in mortality, particularly from heart disease and cancer. Women with intermediate scores (four to five) also benefited with a 16% decreased risk.

Additionally, the Mediterranean diet was found to reduce inflammation and improve insulin regulation, contributing to overall health. The study highlights the considerable benefits of adopting this dietary pattern for long-term health and longevity.