**The Mediterranean Diet’s Effect on Health**

**LEARNING OBJECTIVES:**

At the end of this home study, the pharmacist and pharmacy technician will be able to

1. Review the Mediterranean diet’s history and essential components
2. Discuss the relationship between culture, associated foods, and proven health benefits
3. Describe the relationship between the Mediterranean diet and the human microbiome
4. Discuss the pharmacist’s role as a resource for disseminating accurate, concise information to patients about the Mediterranean diet.
5. **Ancel Keys was considered an icon in:**
   1. Coronary heart disease
   2. Cardiovascular nutrition
   3. Influencing diet
6. **Why did Ancel Keys become interested in studying cholesterol?**
   1. He was a vegetarian, which is notoriously a low-cholesterol diet
   2. He was Italian and thought everyone should eat like Italians do
   3. He noticed a significant increase in heart disease mortality
7. **What did Ancel Keys observe while traveling to Europe in the 1950s?**
   1. Individuals born and raised in France or Germany experienced almost no cardiovascular disease or dyslipidemia
   2. There was a stark difference in the foods consumed and the health in Mediterranean countries compared to the United States
   3. In both France and Germany, the wealthy had high rates of cardiovascular disease, but the working class poor people had almost no cardiovascular problems
8. **At what meeting did Keys present his ideas?**
   1. World Health Organization
   2. UNESCO
   3. PREDIMED
9. **What percentage of calories come from a carbohydrate source for the Mediterranean diet?**
   1. 20%-30%
   2. 45%-55%
   3. 60**%-70%**
10. **What disease states can benefit from the Mediterranean diet?**
    1. Kidney disease, diabetes, asthma, Crohn’s, ulcerative colitis
    2. Ulcerative colitis , cardiovascular disease, GERD, asthma
    3. Cardiovascular disease, diabetes, hypertension, kidney disease
11. **What is the human microbiome?**
    1. The human microbiome is the complete population of all microbial organisms in and on our body
    2. The human microbiome is the microbial composition in our gastrointestinal tract, their genes and the environment that they live in within our bodies
    3. The human microbiome is the complete species list of all organisms that could pose a potential threat to our bodies
12. **Which disease states are likely to benefit from the microbiome?**
    1. Kidney disease, diabetes, asthma, Crohn’s
    2. Ulcerative colitis , cardiovascular disease, GERD, migraines
    3. Cardiovascular disease, celiacs disease, obesity
13. **Which of the following is NOT a function of the microbiome?**
    1. The microbiome strengthens the impermeability of the intestine
    2. The microbiome helps produce sex hormones to provide optimal fertility
    3. The microbiome contributes to immune system function
14. **Which of the following food groups provides the most amount of microbes to our bodies?**
    1. Grains and cereals
    2. Meats
    3. Fruits and vegetables
15. **What is the effect of *Bifidobacterium* and *Lactobacillus* in the microbiome?**
    1. They create the perfect environment for bacteria to grow by enhancing the pH and water saturation throughout the GI tract
    2. They defend the intestines against opportunistic pathogens
    3. They stimulate the growth of other beneficial species
16. **Which of the following is a major factor contributing to intestinal and extra intestinal diseases?**
    1. Inadequate fluid intake
    2. Dysbiosis
    3. High sugar intake
17. **What is the effect of re-diversifying a dysbiotic microbiome?**
    1. New disease states will occur
    2. Loss of function in the microbiome
    3. Prevention of intestinal diseases
18. **Which of the following best describes the Mediterranean Diet?**
    1. Low carbohydrate, low fat, high animal protein diet
    2. High carbohydrate, high fat, low animal protein diet
    3. Low carbohydrate, high fat, high animal protein diet
19. **The Historic Centre of Florence is an example of a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
    1. UNESCO Intangible Cultural Heritage
    2. UNESCO Cultural Heritage
    3. UNESCO Natural Heritage
20. **What was the purpose of the PREDIMED trial?**
    1. To test the efficacy of the Mediterranean diet on decreasing all-cause mortality
    2. To test the efficacy of the Mediterranean diet on cardiovascular health
    3. To test the efficacy of the Mediterranean diet on the composite endpoint
21. **What did the Aging and Adherence to the Mediterranean Diet find?**
    1. An association between adherence to the Mediterranean Diet and adherence to medication
    2. An inverse association between adherence to the Mediterranean Diet and adherence to medication
    3. An inverse association between adherence to the Mediterranean Diet, polypharmacy and cardiometabolic disorders
22. **Which of the following is an example of a typical meal based on the normative Mediterranean diet?**
    1. Bread with olive oil, charcuterie, cheese, a glass of wine
    2. Bread with olive oil, lentil salad, a glass of wine
    3. Bread with olive oil, grilled chicken, lentil salad

**19. Which of the following can help pharmacists and pharmacy technicians analyze a patient’s diet?**

a. The Cardiac Rehabilitation UK Mediterranean Diet Scorecard

b. The Oldways Diet online site

c. The Mayo Clinic’s webpage on eating

**20. Select the statement that is TRUE:**

a. The Mediterranean diet builds on inexpensive food that the poor, working class people ate traditionally.

b. If researchers look at other regions of the world, no similar diets or health implications exist.

c. Most pharmacists and techs instinctively follow a Mediterranean diet and can explain it to patients.