

## Publicacions Indexades a l'SCI o a Medline

### 2017

2017/355

Storniolo CE, Casillas R, Bulló M, Castañer O, Ros E, Sáez GT, Toledo E, Estruch R, Ruiz-Gutiérrez V, Fitó M, Martínez-González MA, Salas-Salvadó J, Mitjavila MT, Moreno JJ. A Mediterranean diet supplemented with extra virgin olive oil or nuts improves endothelial markers involved in blood pressure control in hypertensive women. *Eur J Nutr.* 2017 Feb;56(1):89-97. PMID: 26450601.

[Ver abstract en PubMed](#)

2017/356

Medina-Remón A, Casas R, Tresserra-Rimbau A, Ros E, Martínez-González MA, Fitó M, Corella D, Salas-Salvadó J, Lamuela-Raventos RM, Estruch R; PREDIMED Study Investigators. Polyphenol intake from a Mediterranean diet decreases inflammatory biomarkers related to atherosclerosis: A sub-study of The PREDIMED trial. *Br J Clin Pharmacol.* 2017 Jan;83(1):114-128. Review. PMID: 27100393.

[Ver abstract en PubMed](#)

2017/357

Babio N, Alcázar M, Castillejo G, Recasens M, Martínez-Cerezo F, Gutiérrez-Pensado V, Masip G, Vaqué C, Vila-Martí A, Torres-Moreno M, Sánchez E, Salas-Salvadó J. Patients with celiac disease reported higher consumption of added sugar and total fat than healthy individuals. *J Pediatr Gastroenterol Nutr.* 2017 Jan;64(1):63-69. PMID: 27128207.

[Ver abstract en PubMed](#)

2017/358

Downer M, Martínez-González M, Gea A, Stampfer M, Warnberg J, Ruiz-Canela M, Salas-Salvadó J, Corella D, Ros E, Fitó M, Estruch R, Arós F, Fiol M, Lapetra J, Serra-Majem L, Bulló M, Sorli J, Muñoz M, García-Rodriguez A, Gutierrez-Bedmar M, Gómez-Gracia E, PREDIMED Study Investigators. Mercury exposure and risk of cardiovascular disease: a nested case-control study in the PREDIMED (PREvention with MEDiterranean Diet) study. *BMC Cardiovasc Dis.* 2017 Jan 5;17(1):9. PMID: 28056794.

[Ver abstract en PubMed](#)

2017/359

Hernández Á, Castañer O, Elosua R, Pintó X, Estruch R, Salas-Salvadó J, Corella D, Arós F, Serra-Majem L, Fiol M, Ortega-Calvo M, Ros E, Martínez-González MÁ, de la Torre R, López-Sabater MC, Fitó M. Mediterranean Diet Improves High-Density Lipoprotein Function in High-Cardiovascular-Risk Individuals: A Randomized Controlled Trial. *Circulation.* 2017 Feb;135(7):633-643. PMID: 28193797.

[Ver abstract en PubMed](#)

2017/360

Martínez-González MA, Estruch R, Corella D, Ros E, Fitó M, Schwingshackl L, Salas-Salvadó J. Effects on health outcomes of a mediterranean diet with no restriction on fat intake. *Ann Intern Med.* 2017 Mar 7;166(5):378. Letter. PMID: 28265657.

[Ver abstract en PubMed](#)

2017/361

Ferreira-Pêgo C, Babio N, Salas-Salvadó J. A higher Mediterranean diet adherence and exercise practice are associated with a healthier drinking profile in a healthy Spanish adult population. **Eur J Nutr.** 2017 Mar;56(2):739-748. PMID: 26646673.

[Ver abstract en PubMed](#)

2017/362

Fernández-Cao JC, Arija V, Aranda N, Basora J, Diez-Espino J, Estruch R, Fitó M, Pharm DC, Salas-Salvadó J. Soluble transferrin receptor and risk of type 2 diabetes in the obese and non-obese. **Eur J Clin Invest.** 2017 Mar;47(3):221-230. PMID: 28075490.

[Ver abstract en PubMed](#)

2017/363

Guasch-Ferré M, Becerra-Tomás N, Ruiz-Canela M, Corella D, Schröder H, Estruch R, Ros E, Arós F, Gómez-Gracia E, Fiol M, Serra-Majem L, Lapetra J, Basora J, Martín-Calvo N, Portoles O, Fitó M, Hu FB, Forga L, Salas-Salvadó J. Total and subtypes of dietary fat intake and risk of type 2 diabetes mellitus in the Prevención con Dieta Mediterránea (PREDIMED) study. **Am J Clin Nutr.** 2017 Mar;105(3):723-735. PMID: 28202478.

[Ver abstract en PubMed](#)

2017/364

Yu E, Ruiz-Canela M, Guasch-Ferré M, Zheng Y, Toledo E, Clish CB, Salas-Salvadó J, Liang L, Wang DD, Corella D, Fitó M, Gómez-Gracia E, Lapetra J, Estruch R, Ros E, Cofán M, Arós F, Romaguera D, Serra-Majem L, Sorlí JV, Hu FB, Martinez-Gonzalez MA. Increases in plasma tryptophan are inversely associated with incident cardiovascular disease in the Prevención con Dieta Mediterránea (PREDIMED) Study. **J Nutr.** 2017 Mar;147(3):314-322. PMID: 28179491. Erratum for Yu et al. Increases in plasma tryptophan are inversely associated with incident cardiovascular disease in the Prevención con Dieta Mediterránea (PREDIMED) Study. **J Nutr.** 2017;147:314-22. PMID: 28179491.

[Ver abstract en PubMed](#)

2017/365

Rosique-Esteban N, Díaz-López A, Martínez-González MA, Corella D, Goday A, Martínez JA, Romaguera D, Vioque J, Arós F, García-Ríos A, Tinahones F, Estruch R, Fernández-García JC, Lapetra J, Serra-Majem L, Pinto X, Tur JA, Bueno-Cavanillas A, Vidal J, Delgado-Rodríguez M, Daimiel L, Vázquez C, Rubio MÁ, Ros E, Salas-Salvadó J; PREDIMED-PLUS Investigators. Leisure-time physical activity, sedentary behaviors, sleep, and cardiometabolic risk factors at baseline in the PREDIMED-PLUS intervention trial: A cross-sectional analysis. **PLoS One.** 2017 Mar 8;12(3):e0172253. PMID: 28273154.

[Ver abstract en PubMed](#)

2017/366

Amor AJ, Serra-Mir M, Martínez-González MA, Corella D, Salas-Salvadó J, Fitó M, Estruch R, Serra-Majem L, Arós F, Babio N, Ros E, Ortega E; PREDIMED Investigators .... Prediction of Cardiovascular Disease by the Framingham-REGICOR Equation in the High-Risk PREDIMED Cohort: Impact of the Mediterranean Diet Across Different Risk Strata. **J Am Heart Assoc.** 2017 Mar 13;6(3). pii: e004803. PMID: 28288977.

[Ver abstract en PubMed](#)

2017/367

Henríquez-Hernández LA, Luzardo OP, Zumbado M, Serra-Majem L, Valerón PF, Camacho M, Álvarez-Pérez J, Salas-Salvadó J, Boada LD. Determinants of increasing serum POPs in a population at high risk for cardiovascular disease. Results from the PREDIMED-CANARIAS study. *Environ Res.* 2017 Apr 14;156:477-484. PMID: 28415042.

[Ver abstract en PubMed](#)

2017/368

Creus-Cuadros A, Tresserra-Rimbau A, Quifer-Rada P, Martínez-González MA, Corella D, Salas-Salvadó J, Fitó M, Estruch R, Gómez-Gracia E, Lapetra J, Arós F, Fiol M, Ros E, Serra-Majem L, Pintó X, Moreno JJ, Ruiz-Canela M, Sorli JV, Basora J, Schröder H, Lamuela-Raventós RM; PREDIMED Study Investigators. Associations between Both Lignan and Yogurt Consumption and Cardiovascular Risk Parameters in an Elderly Population: Observations from a Cross-Sectional Approach in the PREDIMED Study. *J Acad Nutr Diet.* 2017 Apr;117(4):609-622. PMID: 28041856.

[Ver abstract en PubMed](#)

2017/369

Hernández-Alonso P, Cañuelo D, Giardina S, Salas-Salvadó J, Cañellas N, Correig X, Bulló M. Effect of pistachio consumption on the modulation of urinary gut microbiota-related metabolites in prediabetic subjects. *J Nutr Biochem.* 2017 Apr 12;45:48-53. PMID: 28432876.

[Ver abstract en PubMed](#)

2017/370

Guo X, Tresserra-Rimbau A, Estruch R, Martínez-González MA, Medina-Remón A, Fitó M, Corella D, Salas-Salvadó J, Portillo MP, Moreno JJ, Pi-Sunyer X, Lamuela-Raventós RM. Polyphenol Levels Are Inversely Correlated with Body Weight and Obesity in an Elderly Population after 5 Years of Follow Up (The Randomised PREDIMED Study). *Nutrients.* 2017 May 3;9(5). PMID: 28467383.

[Ver abstract en PubMed](#)

2017/370B

García-Layana A, Ciufó G, Toledo E, Martínez-González MA, Corella D, Fitó M, Estruch R, Gómez-Gracia E, Fiol M, Lapetra J, Serra-Majem L, Pintó X, Portillo MP, Sorli JV, Bulló M, Vinyoles E, Sala-Vila A, Ros E, Salas-Salvadó J, Arós F. The Effect of a Mediterranean Diet on the Incidence of Cataract Surgery. *Nutrients.* 2017 May 3;9(5). PMID: 28467363.

[Ver abstract en PubMed](#)

2017/371

Wanden-Berghe C, Luengo LM, Álvarez J, Burgos R, Cuerda C, Matía P, Gómez Candela C, Martínez Olmos MÁ, Gonzalo M, Calleja A, Campos C, Pérez de la Cruz A, Irles JA, Leyes P, Sánchez R, De Luis Román D, Cardona D, Santacruz N, Suárez JP, Ballesta C, Salas-Salvadó J, Penacho MÁ, Gardez C, Martínez MJ, Cánovas B, Moreno JM, Del Olmo D, Carabaña F, Virgili N, Higuera I, Mauri S, Sánchez-Vilar O, Miserachs N, Ponce MÁ, García Y, Morán JM, Apezetxea A, Tejera C, Calañas A, Cantón A, Díaz P, Nadya-Senpe G. Registro del Grupo NADYA-SENPE de nutrición enteral domiciliaria en España, años 2014 y 2015. *Nutr Hosp.* 2017 Feb 1;34(1):15-18. PMID: 28244767.

[Ver abstract en PubMed](#)

2017/372

Pérez-Martínez P, Mikhailidis DP, Athyros VG, Bulló M, Couture P, Covas MI, de Koning L, Delgado-Lista J, Díaz-López A, Drevon CA, Estruch R, Esposito K, Fitó M, Garaulet M, Giugliano D, García-Ríos A, Katsiki N, Kolovou G, Lamarche B, Maiorino MI, Mena-Sánchez G, Muñoz-Garach A, Nikolic D, Ordovás JM, Pérez-Jiménez F, Rizzo M, Salas-Salvadó J, Schröder H, Tinahones FJ, de la Torre R, van Ommen , Wopereis S, Ros E, López-Miranda J. Lifestyle recommendations for the prevention and management of metabolic syndrome: an international panel recommendation. *Nutr Rev.* 2017 May 1;75(5):307-326. PMID: 28521334.

[Ver abstract en PubMed](#)

2017/373

Díez-Espino J, Basterra-Gortari FJ, Salas-Salvadó J, Buil-Cosiales P, Corella D, Schröder H, Estruch R, Ros E, Gómez-Gracia E, Arós F, Fiol M, Lapetra J, Serra-Majem L, Pintó X, Babio N, Quiles L, Fito M, Martí A, Toledo E; PREDIMED Investigators. Egg consumption and cardiovascular disease according to diabetic status: The PREDIMED study. *Clin Nutr.* 2017; 36: 1015-1021. PMID: 27448949.

[Ver abstract en PubMed](#)

2017/374

Wang DD, Toledo E, Hruby A, Rosner BA, Willett WC, Sun Q, Razquin C, Zheng Y, Ruiz-Canela M, Guasch-Ferré M, Corella D, Gómez-Gracia E, Fiol M, Estruch R, Ros E, Lapetra J, Fitó M, Aros F, Serra-Majem L, Lee CH, Clish CB, Liang L, Salas-Salvadó J, Martínez-González MA, Hu FB. Plasma Ceramides, mediterranean diet, and incident cardiovascular disease in the PREDIMED Trial.

*Circulation.* 2017; 135: 2028-2040. PMID: 28280233.

[Ver abstract en PubMed](#)

2017/375

Yu E, Ruiz-Canela M, Hu FB, Clish CB, Corella D, Salas-Salvadó J, Hruby A, Fitó M, Liang L, Toledo E, Ros E, Estruch R, Gómez-Gracia E, Lapetra J, Arós F, Romaguera D, Serra-Majem L, Guasch-Ferré M, Wang DD, Martínez-González MA. Plasma Arginine/Asymmetric Dimethylarginine Ratio and Incidence of Cardiovascular Events: A Case-Cohort Study. *J Clin Endocrinol Metab.* 2017 Jun 1;102(6):1879-1888. PMID: 28323949.

[Ver abstract en PubMed](#)

2017/376

De la Torre R, Corella D, Castañer O, Martínez-González MA, Salas-Salvador J, Vila J, Estruch R, Sorli JV, Arós F, Fiol M, Ros E, Serra-Majem L, Pintó X, Gómez-Gracia E, Lapetra J, Ruiz-Canela M, Basora J, Asensio EM, Covas MI, Fitó M. Protective effect of homovanillyl alcohol on cardiovascular disease and total mortality: virgin olive oil, wine, and catechol-methylathion.

*Am J Clin Nutr.* 2017 Jun;105(6):1297-1304. PMID: 28446500.

[Ver abstract en PubMed](#)

2017/377

Camacho-Barcia ML, Bulló M, García-Gavilán JF, Ruiz-Canela M, Corella D, Estruch R, Fitó M, García-Layana A, Arós F, Fiol M, Lapetra J, Serra-Majem L, Pintó X, García-Arellano A, Vinyoles E, Sorli JV, Salas-Salvadó J. Association of Dietary Vitamin K1 Intake With the Incidence of Cataract Surgery in an Adult Mediterranean Population: A Secondary Analysis of a Randomized Clinical Trial. **JAMA Ophthalmol.** 2017 Jun 1;135(6):657-661. PMID: 28494067.

[Ver abstract en PubMed](#)

2017/378

Hernández-Alonso P, Camacho-Barcia L, Bulló M, Salas-Salvadó J. Nuts and dried fruits: an update of their beneficial effects on type 2 diabetes. **Nutrients.** 2017, 9, 673). Review. PMID: 28657613.

[Ver abstract en PubMed](#)

2017/379

Dobrosielski DA, Papandreou C, Patil SP, Salas-Salvadó J. Diet and exercise in the management of obstructive sleep apnoea and cardiovascular disease risk. **Eur Respir Rev.** 2017 Jun 28;26(144). Review. PMID: 28659501.

[Ver abstract en PubMed](#)

2017/380

Donovan SM, Salas-Salvadó J. Introduction to the Fourth Global Summit on the Health Effects of Yogurt. **J Nutr.** 2017 Jul;147(7):1449S-1451S. Review. PMID: 28615383.

[Ver abstract en PubMed](#)

2017/381

Salas-Salvadó J, Guasch-Ferré M, Díaz-López A, Babio N. Yogurt and Diabetes: Overview of Recent Observational Studies. **J Nutr.** 2017 Jul;147(7):1452S-1461S. PMID: 28615384.

[Ver abstract en PubMed](#)

2017/382

Salas-Huetos A, Bulló M, Salas-Salvadó J. Dietary patterns, foods and nutrients in male fertility parameters and fecundability: a systematic Review of observational studies. **Hum Reprod Update.** 2017 Jul 1;23(4):371-389. PMID: 28333357.

[Ver abstract en PubMed](#)

2017/383

Guasch-Ferré M, Salas-Salvadó J, Ros E, Estruch R, Corella D, Fitó M, Martínez-González MA; PREDIMED Investigators. The PREDIMED trial, Mediterranean diet and health outcomes: How strong is the evidence? **Nutr Metab Cardiovasc Dis.** 2017 Jul;27(7):624-632. PMID: 28684083.

[Ver abstract en PubMed](#)

2017/384

Pérez-Martí A, Garcia-Guasch M, Tresserra-Rimbau A, Carrilho-Do-Rosário A, Estruch R, Salas-Salvadó J, Martínez-González MÁ, Lamuela-Raventós R, Marrero PF, Haro D, Relat J. A low-protein diet induces body weight loss and browning of subcutaneous white adipose tissue through enhanced expression of hepatic Fibroblast Growth Factor 21 (FGF21). **Mol Nutr Food Res.** 2017 Aug;61(8). PMID: 28078804.

[Ver abstract en PubMed](#)

2017/385

Gutiérrez-Bedmar M, Martínez-González MÁ, Muñoz-Bravo C, Ruiz-Canela M, Mariscal A, Salas-Salvadó J, Estruch R, Corella D, Arós F, Fito M, Lapetra J, Serra-Majem L, Pintó X, Alonso-Gómez Á, Portoles O, Fiol M, Bulló M, Castañer O, Ros E, Gómez-Gracia E. Chromium exposure and risk of cardiovascular disease in high cardiovascular risk subjects - Nested Case-Control Study in the prevention with mediterranean diet (PREDIMED) study. *Circ J.* 2017 Jul 25; 81(8): 1183-1190. PMID: 28392547.

[Ver abstract en PubMed](#)

2017/386

Arpón A, Riezu-Boj JI, Milagro FI, Razquin C, Martínez-González MA, Corella D, Estruch R, Casas R, Fitó M, Ros E, Salas-Salvadó J, Martínez JA. Adherence to Mediterranean diet is associated with methylation changes in inflammation-related genes in peripheral blood cells. *J Physiol Biochem.* 2017 Aug;73(3):445-455. PMID: 28181167.

[Ver abstract en PubMed](#)

2017/387

Neal B, Perkovic V, Mahaffey KW, de Zeeuw D, Fulcher G, Erondu N, Shaw W, Law G, Desai M, Matthews DR; CANVAS Program Collaborative Group (...Salas-Salvadó J, et al). Canagliiflozin and Cardiovascular and Renal Events in Type 2 Diabetes. *N Engl J Med.* 2017 Aug 17;377(7):644-657. PMID: 28605608.

[Ver abstract en PubMed](#)

2017/388

Hernández-Alonso P, Giardina S, Salas-Salvadó J, Arcelin P, Bulló M. Chronic pistachio intake modulates circulating microRNAs related to glucose metabolism and insulin resistance in prediabetic subjects. *Eur J Nutr.* 2017; 56: 2181-2191. PMID: 27383196.

[Ver abstract en PubMed](#)

2017/389

Razquin C, Sanchez-Tainta A, Salas-Salvadó J, Buil-Cosiales P, Corella D, Fito M, Ros E, Estruch R, Arós F, Gómez-Gracia E, Fiol M, Lapetra, Serra-Majem L, Pinto X, Schröder H, Tur J, Sorlí JV, Lamuela-Raventós RM, Bulló M, Bes-Rastrollo M, Martinez-Gonzalez MA, PREDIMED GROUP. Dietary energy density and body weight changes after 3 years in the PREDIMED study. *Int J Food Sci Nutr.* 2017 68:7, 865-872. PMID: 28276290.

[Ver abstract en PubMed](#)

2017/390

Papandreou C, Bullò M, Tinahones FJ, Martínez-González MÁ, Corella D, Fragkiadakis GA, López-Miranda J, Estruch R, Fitó M, Salas-Salvadó J. Serum metabolites in non-alcoholic fatty-liver disease development or reversion; a targeted metabolomic approach within the PREDIMED trial. *Nutr Metab (Lond).* 2017 Sep 2;14:58. PMID: 28878811.

[Ver abstract en PubMed](#)

2017/391

Papadaki A, Martínez-González MÁ, Alonso-Gómez A, Rekondo J, Salas-Salvadó J, Corella D, Ros E, Fitó M, Estruch R, Lapetra J, García-Rodriguez A, Fiol M, Serra-Majem L, Pintó X, Ruiz-Canela M, Bulló M, Serra-Mir M, Sorlí JV, Arós F. Mediterranean diet and risk of heart failure: results from the PREDIMED randomised controlled trial. *Eur J Heart Fail.* 2017 Sep;19(9):1179-1185. PMID: 28133855.

[Ver abstract en PubMed](#)

2017/392

Bargalló N, Gilabert R, Romero-Mamani ES, Cofán M, Calder PC, Fitó M, Corella D, Salas-Salvadó J, Ruiz-Canela M, Estruch R, Ros E, Sala-Vila A. Red blood cell eicosapentaenoic acid inversely relates to MIR-assessed carotid plaque lipid core burden in elders at high cardiovascular risk.

*Nutrients.* 2017 Sep 20;9(9). pii: E1036. PMID: 28930197.

[Ver abstract en PubMed](#)

2017/393

Guasch-Ferré M, Merino J, Sun Q, Fitó M, Salas-Salvadó J Dietary polyphenols, mediterranean diet, prediabetes, and type 2 diabetes: a narrative Review of the evidence. *Oxid Med Cell Longev.* 2017:6723931. PMID: 28883903.

[Ver abstract en PubMed](#)

2017/394

Toledo E, Wang DD, Ruiz-Canela López M, Clish CB, Razquin C, Zheng Y, Guasch-Ferré M, Hruby A, Corella D, Gómez-Gracia E, Fiol M, Estruch R, Ros E, Lapetra J, Fito M, Aros F, Serra-Majem L, Liang L, Salas-Salvadó J, Hu FB, Martínez-González MA. Plasma lipidomic profiles and cardiovascular events in a randomized intervention trial with the Mediterranean diet. *Am J Clin Nutr.* 2017;106:973-83. PMID: 28814398.

[Ver abstract en PubMed](#)

2017/395

Hernández Á, Castañer O, Goday A, Ros E, Pintó X, Estruch R, Salas-Salvadó J, Corella D, Arós F, Serra-Majem L, Martínez-González MÁ, Fiol M, Lapetra J, de la Torre R, López-Sabater MC, Fitó M. The Mediterranean Diet decreases LDL atherogenicity in high cardiovascular risk individuals: a randomized controlled trial. *Mol Nutr Food Res.* 2017 Sep;61(9). PMID: 28371298.

[Ver abstract en PubMed](#)

2017/396

Babio N, Mena-Sánchez G, Salas-Salvadó J. Más allá del valor nutricional del yogur: ¿un indicador de la calidad de la dieta? [Beyond the nutritional value of yogurt: a diet quality indicator?] *Nutr Hosp.* 2017; 34(Supl. 4):26-30. PMID: 29156928.

[Ver abstract en PubMed](#)

2017/397

Casas R, Urpi-Sardà M, Sacanella E, Arranz S, Corella D, Castañer O, Lamuela-Raventós RM, Salas-Salvadó J, Lapetra J, Portillo MP, Estruch R. Anti-Inflammatory Effects of the Mediterranean Diet in the Early and Late Stages of Atheroma Plaque Development. *Mediators Inflamm.* 2017;2017:3674390. PMID: 28484308.

[Ver abstract en PubMed](#)

2017/398

Guasch-Ferré M, Hu FB, Ruiz-Canela M, Bulló M, Toledo E, Wang DD, Corella D, Gómez-Gracia E, Fiol M, Estruch R, Lapetra J, Fitó M, Arós F, Serra-Majem L, Ros E, Dennis C, Liang L, Clish CB, Martínez-González MA, Salas-Salvadó J. Plasma Metabolites From Choline Pathway and Risk of Cardiovascular Disease in the PREDIMED (Prevention With Mediterranean Diet) Study. *J Am Heart Assoc.* 2017 Oct 28;6(11). pii: e006524. PMID: 29080862.

[Ver abstract en PubMed](#)

2017/399

Hu EA, Martínez-González MA, Salas-Salvadó J, Corella D, Ros E, Fitó M, García-Rodríguez A, Estruch R, Arós F, Fiol M, Lapetra J, Serra-Majem L, Pintó X, Ruiz-Canela M, Razquin C, Bulló M, Sorlí JV, Schröder H, Rebholz CM, Toledo E; PREDIMED Study and SUN Project Investigators. Potato Consumption Does Not Increase Blood Pressure or Incident Hypertension in 2 Cohorts of Spanish Adults. *J Nutr.* 2017 Dec;147(12):2272-2281. PMID: 29046405.

[Ver abstract en PubMed](#)

2017/401

Arpón A, Milagro FI, Razquin C, Corella D, Estruch R, Fitó M, Martí A, Martínez-González MA, Ros E, Salas-Salvadó J, Rieu-Bou JI, Martínez JA. Impact of Consuming Extra-Virgin Olive Oil or Nuts within a Mediterranean Diet on DNA Methylation in Peripheral White Blood Cells within the PREDIMED-Navarra Randomized Controlled Trial: A Role for Dietary Lipids. *Nutrients.* 2017 Dec 23;10(1). PMID: 29295516.

[Ver abstract en PubMed](#)