

VIDA - cardiovascular Impact of a vegetarian Diet – A randomized controlled trial

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Principal Investigator

Project Date



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Abstract:

Cardiovascular diseases (CVD) stand as a major global public health challenge, remaining the leading cause of death worldwide. To address this challenge, various non-pharmacological strategies, including nutritional approaches, have been explored to improve cardiovascular health outcomes. Despite the well-established cardiovascular benefits associated with Vegetarian and Mediterranean diets, there is a notable

gap in directly comparing their effects. Therefore, this project aims to evaluate the impact of the vegetarian diet (VeD) on cardiovascular risk in high-risk adults, comparing it with the Mediterranean diet (MeD). An interventional randomized controlled trial will recruit 20 adults aged between 40 and 65 years, residing in the metropolitan area of Lisbon. Participants must follow an omnivorous diet and have three or more major cardiovascular risk factors. They will be randomly allocated to adhere to either a VeD (n=10) or a MeD control group (n=10) for 12 months. During the first 6 months of the intervention, participants will undergo intensive monitoring. Thereafter, over the following 6 months, participants will independently follow assigned diets in a free-living environment. Anthropometric measurements, will be complemented by an in-depth body composition assessment, using dual-energy x-ray absorptiometry (DXA). Dietary assessments will involve the application of food frequency, dietary adherence, and diet quality validated questionnaires. Physical activity levels will be assessed using the validated International Physical Activity Questionnaire (IPAQ). Additionally, the 10-year risk of CVD will be predicted using SCORE2®, along with biochemical parameters. Data collection will be conducted at baseline and subsequently at 6 and 12 months. It will be expected a significant decrease in the 10-year cardiovascular risk in all participants. Notably, there is also an expectation that those positive outcomes will trend more favorably with the adoption of the VeD. This project aims to provide valuable information that can inform and guide future strategies for the prevention and management of CVD, promoting better health outcomes for the targeted and general population.

Partners:



Illustrative image of the project:

