



## The Mediterranean Diet and the Immune System: What Are the Potential Effects?

By Christine Randazzo Kirschner, MS, RD, CDN

### References

1. Barrea L, Muscogiuri G, Frias-Toral E, et al. Nutrition and immune system: from the Mediterranean diet to dietary supplementary through the microbiota. *Crit Rev Food Sci Nutr.* 2021;61(18):3066-3090.
2. García-Montero C, Fraile-Martínez O, Gómez-Lahoz AM, et al. Nutritional components in western diet versus Mediterranean diet at the gut Microbiota-immune system interplay. Implications for health and disease. *Nutrients.* 2021;13(2):699.
3. Lauridsen C. From oxidative stress to inflammation: redox balance and immune system. *Poult Sci.* 2019;98(10):4240-4246.
4. Pahwa R, Goyal A, Jialal I. Chronic inflammation. In: *StatPearls* [Internet]. Treasure Island, FL: StatPearls Publishing; 2023.
5. Shivappa N, Steck SE, Hurley TG, Hussey JR, Hébert JR. Designing and developing a literature-derived, population-based dietary inflammatory index. *Public Health Nutr.* 2014;17(8):1689-1696.
6. McDonald D, Hyde E, Debelius JW, et al. American gut: an open platform for citizen science microbiome research. *mSystems.* 2018;3(3):e00031-18.
7. Pecora F, Persico F, Argentiero A, Neglia C, Esposito S. The role of micronutrients in support of the immune response against viral infections. *Nutrients.* 2020;12(10):3198.
8. Radzikowska U, Rinaldi AO, Çelebi Sözener Z, et al. The influence of dietary fatty acids on immune responses. *Nutrients.* 2019;11(12):2990.
9. Shakoor H, Feehan J, Apostolopoulos V, et al. Immunomodulatory effects of dietary polyphenols. *Nutrients.* 2021;13(3):728.
10. Amir Aslani B, Ghobadi S. Studies on oxidants and antioxidants with a brief glance at their relevance to the immune system. *Life Sci.* 2016;146:163-173.

**COMPLIMENTARY WEBINAR**

**The Mediterranean Diet and the Immune System:  
What Are the Potential Effects?**

**PRESENTED BY**  
Christine Randazzo Kirschner,  
MS, RD, CDN

**May 4, 2023**  
2-3 pm ET

**EARN  
1 CEU  
FREE**

National Honey Board®

11. Dominguez LJ, Di Bella G, Veronese N, Barbagallo M. Impact of Mediterranean diet on chronic non-communicable diseases and longevity. *Nutrients*. 2021;13(6):2028.

12. Food pyramids. Oldways website. <https://oldwayspt.org>.