

Directions to Contributors can be found at journals.cambridge.org/bjn

British Journal of Nutrition
Volume 113, 2015 ISSN: 0007-1145

**Publishing, Production, Marketing, and
Subscription Sales Office:**

Cambridge University Press,
Journals Fulfillment Department,
UPH, Shaftesbury Road,
Cambridge CB2 8BS, UK

For Customers in North America:

Cambridge University Press
Journals Fulfillment Department
100 Brook Hill Drive
West Nyack
New York 10994-2133
USA

Publisher: Katy Christomanou

Special sales and supplements:

This Journal accepts relevant advertisements and inserts. We also provide bulk reprints of suitable papers to meet teaching or promotional requirements. The journal also publishes supplements on behalf of academic and corporate collaborators. Please contact Sarah Maddox at the Cambridge address for further details. E-mail: special_sales@cambridge.org

Subscription information:

British Journal of Nutrition is an international journal published by Cambridge University Press on behalf of The Nutrition Society. The twelve issues starting January 2015 comprise Volume 113, the twelve issues starting July 2015 comprise Volume 114.

Annual subscription rates:

Volumes 113/114 (24 issues):
Internet/print package £1575/\$3071/€2523
Internet only: £1094/\$2134/€1748

Any **supplements** to this journal published in the course of the annual volume are normally supplied to subscribers at no extra charge.

Back volumes are available. Please contact Cambridge University Press for further information.

Claims for non-receipt of journal issues will be considered on their merit and only if the claim is received within six months of publication. Replacement copies supplied after this date will be chargeable.

US POSTMASTERS: please send address corrections to *British Journal of Nutrition*, Cambridge University Press, 100 Brook Hill Drive, West Nyack, New York 10994-2133.

Directions to Contributors are available from the Society at the address below or can be found on the Society's website at <http://www.nutritionociety.org>.

Offprints: The author (or main author) of an accepted paper will receive a copy of the PDF file of their article. There will be an option to purchase paper offprints, these should be ordered at proof stage. No page charges are levied by this journal.

Copyright: As of 1 July 2000 the copyright of all articles submitted to *British Journal of Nutrition* are retained by the authors or their institutions. For articles prior to this date permission for reproduction of any part of the journal (text, figures, tables or other matter) in any form (on paper, microfiche or electronically) should be sought directly from the Society, at: The Publications Office, The Nutrition Society, 10 Cambridge Court, 210 Shepherds Bush Road, Hammersmith, London W6 7NJ, UK.

Disclaimer: The information contained herein, including any expression of opinion and any projection or forecast, has been obtained from or is based upon sources believed by us to be reliable, but is not guaranteed as to accuracy or completeness. The information is supplied without obligation and on the understanding that any person who acts upon it or otherwise changes his/her position in reliance thereon does so entirely at his/her own risk. Neither the Society nor Cambridge University Press accepts responsibility for any trade advertisement included in this publication.

This journal is printed on acid-free paper from renewable sources. Printed in the UK by Bell & Bain Ltd., Glasgow.

This journal issue has been printed on FSC-certified paper and cover board. FSC is an independent, non-governmental, not-for-profit organization established to promote the responsible management of the world's forests. Please see www.fsc.org for information.

British Journal of Nutrition is covered in Current Contents®/Agriculture, Biology & Environmental Sciences, SciSearch®, Research Alert®, Current Contents®/Life Sciences, Index Medicus® (MEDLINE®), AGRICOLA®, CAB Abstracts™, Global Health, BIOSIS® Database, EMBASE/Excerpta Medica and Elsevier BIOBASE/Current Awareness in Biological Sciences, CINAHL, and Chemical Abstracts Service.

BRITISH JOURNAL OF NUTRITION, VOLUME 113 - Supplement 2

Editorial: The Mediterranean diet: culture, health and science. L. M. Donini, L. Serra-Majem, M. Bulló, Á. Gil & J. Salas-Salvadó	S1–S3	The role of olive oil in disease prevention: a focus on the recent epidemiological evidence from cohort studies and dietary intervention trials. G. Buckland & C. A. Gonzalez	S94–S101
The Mediterranean diet: health, science and society. M. Gerber & R. Hoffman	S4–S10	Fruit and vegetables and cancer risk: a review of southern European studies. F. Turati, M. Rossi, C. Pelucchi, F. Levi & C. La Vecchia	S102–S110
Diets and morbid tissues – history counts, present counts. Y. Henkin, J. Kovsky, Y. Gepner & I. Shai	S11–S18	Nuts and CVD. E. Ros	S111–S120
Virgin olive oil: a key food for cardiovascular risk protection. M.-I. Covas, R. de la Torre & M. Fitó	S19–S28	Moderate red wine consumption is associated with a lower prevalence of the metabolic syndrome in the PREDIMED population. A. Tresserra-Rimbau, A. Medina-Remón, R. M. Lamuela-Raventós, M. Bulló, J. Salas-Salvadó, D. Corella, M. Fitó, A. Gea, E. Gómez-Gracia, J. Lapetra, F. Arós, M. Fiol, E. Ros, L. Serra-Majem, X. Pintó, M. A. Muñoz, R. Estruch & on behalf of the PREDIMED Study Investigators	S121–S130
Relationship between bread and obesity. L. Serra-Majem & I. Bautista-Castaño	S29–S35	Fermented dairy food and CVD risk. L. C. Tapsell	S131–S135
Does cooking with vegetable oils increase the risk of chronic diseases?: a systematic review. C. Sayon-Orea, S. Carlos & M. A. Martínez-Gonzalez	S36–S48	A perspective on vegetarian dietary patterns and risk of metabolic syndrome. J. Sabaté & M. Wien	S136–S143
Possible adverse effects of frying with vegetable oils. C. Dobarganes & G. Márquez-Ruiz	S49–S57		
Fish, a Mediterranean source of <i>n</i> -3 PUFA: benefits do not justify limiting consumption. A. Gil & F. Gil	S58–S67		
Review of nut phytochemicals, fat-soluble bioactives, antioxidant components and health effects. C. Alasalvar & B. W. Bolling	S68–S78		
Nutrition attributes and health effects of pistachio nuts. M. Bulló, M. Juanola-Falgarona, P. Hernández-Alonso & J. Salas-Salvadó	S79–S93		