

# Effect of Mediterranean diet components on microbiota

<b>Submission date</b> 03/11/2020	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 16/12/2020	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 13/03/2023	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

The microbiome consists of all the microbes (bacteria, fungi, protozoa and viruses) that live on and inside the human body. Diet plays a fundamental role in the composition of the gut microbiome. The Mediterranean diet (MD) is considered a healthy diet and is associated with the prevention of numerous diseases. Such beneficial effects might be due to components such as fiber, unsaturated fatty acids and antioxidants (i.e. polyphenols). Although there is increasing evidence of the beneficial effects of several nutrients on the gut microbiome, the effect on the microbiome of a diet such as the MD has not been sufficiently studied. The aim of this study is to measure how the components of the MD affect the gut microbiome in overweight people with habitually low adherence to the MD.

### Who can participate?

Men and women aged 30-60 who are overweight with low adherence to the Mediterranean diet

### What does the study involve?

Participants will be randomly allocated to consume one of two products (75 g of an MD-enriched product or a placebo product) daily for 8 weeks. At the beginning and at the end of the intervention, blood, urine, and stool samples will be collected.

### What are the possible benefits and risks of participating?

The MD-enriched product may have beneficial effects on the gut by increasing the levels of bacteria associated with health. There are no notable risks involved with participating.

### Where is the study run from?

1. Department of Food, Environmental and Nutritional Sciences (DeFENS), University of Milano (Italy)
2. Department of Agricultural, Forest and Food Sciences (DISAFA), University of Torino (Italy)
3. Department of Soil, Plant, and Food Sciences (DiSSPA), University of Bari - Aldo Moro (Italy)
4. Department of Biomedical Sciences and Human Oncology (DIMO), University of Bari - Aldo Moro (Italy)

When is the study starting and how long is it expected to run for?  
February 2020 to September 2023

Who is funding the study?  
Ministry of Education, Universities and Research (Italy)

Who is the main contact?

1. Prof. Marco Gobbetti (marco.gobbetti@unibz.it)
2. Dr. Cristian Del Bo' (cristian.delbo@unimi.it)
3. Prof. Luca Cocolin (lucasimone.cocolin@unito.it)
4. Prof. Simona Bo (simona.bo@unito.it)
5. Dott. Ilario Ferrocino (ilario.ferrocino@unito.it)
6. Prof. Maria De Angelis (maria.deangelis@uniba.it)
7. Prof. Piero Portincasa (piero.portincasa@uniba.it)
8. Prof. Patrizia Brigidi (patrizia.brigidi@unibo.it)
9. Prof. Danilo Ercolini (ercolini@unina.it)

## Contact information

### Type(s)

Scientific

### Contact name

Dr Cristian Del Bo'

### ORCID ID

<https://orcid.org/0000-0001-7562-377X>

### Contact details

Via G. Celoria 2  
Milano  
Italy  
20133  
+39 (0)250316730  
cristian.delbo@unimi.it

### Type(s)

Scientific

### Contact name

Prof Luca Cocolin

### ORCID ID

<https://orcid.org/0000-0003-4799-7074>

### Contact details

Largo Paolo Braccini 2  
Grugliasco (TO)  
Italy  
10095

+39 (0)116708553  
lucasimone.cocolin@unito.it

**Type(s)**  
Scientific

**Contact name**  
Prof Simona Bo

**ORCID ID**  
<https://orcid.org/0000-0001-6862-8628>

**Contact details**  
Corso Dogliotti 14  
Torino  
Italy  
10126  
+39 (0)116335543  
simona.bo@unito.it

**Type(s)**  
Scientific

**Contact name**  
Dr Ilario Ferrocino

**ORCID ID**  
<https://orcid.org/0000-0002-1657-0054>

**Contact details**  
Largo Paolo Braccini 2  
Torino  
Italy  
10095 Grugliasco (TO)  
+39 (0)116708847  
ilario.ferrocino@unito.it

**Type(s)**  
Scientific

**Contact name**  
Prof Maria De Angelis

**ORCID ID**  
<https://orcid.org/0000-0002-2010-884X>

**Contact details**  
via G. Amendola 165/A  
Bari  
Italy  
70126

+39 (0)805442949  
maria.deangelis@uniba.it

**Type(s)**  
Scientific

**Contact name**  
Prof Piero Portincasa

**ORCID ID**  
<https://orcid.org/0000-0001-5359-1471>

**Contact details**  
Piazza Giulio Cesare n.11  
Bari  
Italy  
70121  
+39 (0)805478227  
piero.portincasa@uniba.it

**Type(s)**  
Scientific

**Contact name**  
Prof Alberto Battezzati

**ORCID ID**  
<https://orcid.org/0000-0003-4134-0557>

**Contact details**  
Via G. Celoria 2  
Milano  
Italy  
20133  
+39 (0)250316063  
alberto.battezzati@unimi.it

**Type(s)**  
Public

**Contact name**  
Dr Cristian Del Bo'

**Contact details**  
Via G. Celoria 2  
Milano  
Italy  
20133  
+39 (0)50316730  
cristian.delbo@unimi.it

**Type(s)**

Public

**Contact name**

Prof Marco Gobetti

**Contact details**

Piazza Università, 5

Bozen

Italy

39100

+39 (0)471 017215

marco.gobetti@unibz.it

**Additional identifiers****Clinical Trials Information System (CTIS)**

Nil known

**Protocol serial number**

Nil known

**Study information****Scientific Title**

Microbiome-tailored food products based on typical Mediterranean diet components

**Acronym**

MeDGUT

**Study objectives**

The present study aims to explore the causal effect of Mediterranean Diet (MD) components (e. g., dietary fiber, polyphenols, glucosinolates) on the structure and function of the gut microbiome (including bacteria, fungi and viruses) and metabolome in overweight individuals with habitually low adherence to MD.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

1. Approved 18/06/2020, Ethics Committee of the University of Milan (Università degli Studi di Milano, via Festa del Perdono 7, 20122, Milano, Italy; +39 (0)2 503 12667; comitato.etico@unimi.it), ref: 67/20
2. Approved 10/06/2020; Ethics Committee of Azienda Ospedaliera Universitaria "Consortiale Policlinico"; Piazza Giulio Cesare 11, Bari, Italy; +39 (0)80 5593399; comitatoetico@policlinico.ba.it), ref: 6408
3. Approved 08/05/2020; Ethics Committee of Bioetica, University of Torino (Comitato di Bioetica d'Ateneo, Direzione Ricerca e Terza Missione, Via Bogino 9, 10123 Torino, Italy; +39 (0) 11 6704394; sfaff.cba@unito.it), ref. 179485

## Study design

Two-arm randomized double-blind placebo-controlled multicenter parallel study

## Primary study design

Interventional

## Study type(s)

Prevention

## Health condition(s) or problem(s) studied

Overweight and low adherence to the Mediterranean Diet

## Interventions

The following multicentric study involves 120 volunteers (40 subjects for each research centre). Volunteers will be enrolled and randomized based on a computer randomization plan:

1. MD-enriched food product (75 g, walnuts, broccoli, pomegranate and moringa)
2. Placebo (75 g, water, maltodextrin, 0.1% starch and guar gum)

Volunteers will consume one portion (75 g) per day of MD-enriched food product or placebo. Each treatment will be 8 weeks long. At the beginning (time zero) and at the end of the intervention (8 weeks), participants will provide blood, urine and stool samples.

## Intervention Type

Supplement

## Primary outcome(s)

Fecal Prevotella relative amount analysed by high-throughput rRNA gene-targeted amplicon sequencing and short-chain fatty acids (SCFAs), urinary and fecal ferulic acid analysed by GC-MS and <sup>1</sup>H-NMR at time zero and after 8 weeks

## Key secondary outcome(s)

1. Gut microbiota quantified by a metagenomic approach based on amplicon sequencing at time zero and after 8 weeks
2. Host-microbe interactions: fecal samples will be treated to safely separate the microbial cells, which will be allowed to interact with HT29 cells and the inflammatory activity will be assessed by RT-PCR and ELISA at time zero and after 8 weeks
3. Identification and estimation of gut metabolome in fecal samples by GC-MS and <sup>1</sup>H-NMR at time zero and after 8 weeks
4. Shotgun meta-genomics will be carried out on all the fecal samples collected. Meta-proteomics analyses will be performed in a subset of fecal samples. Fecal microorganisms will be recovered and lysed with the aim to identify peptides. The analysis will be performed by gel-free proteomic platforms at time zero and after 8 weeks
5. Inflammatory markers, e.g., C-reactive protein (PCR), interleukin-6 (IL-6), tumour necrosis factor-alpha (TNF-α), analysed by ELISA kit at time zero and after 8 weeks
6. Oxidative stress markers (e.g. endogenous and oxidatively induced DNA damage) analysed in blood by comet assay at time zero and after 8 weeks
7. Metabolic and functional markers (e.g., glycemia, total cholesterol, HDL-cholesterol, LDL-cholesterol, triglycerides, liver and renal function) assessed by a standardized validated protocol using an automatic biochemical analyser at time zero and time 8 weeks
8. Anthropometric measurements assessed by following international guidelines at time zero and time 8 weeks
9. Blood pressure measured by determining both systolic and diastolic pressure obtained in a

resting, seated position following validated guidelines at time zero and 8 weeks  
10. Food intake estimated using food diaries and analysed by using specific software at time zero and every 2 weeks until 8 weeks

**Completion date**

30/09/2023

## Eligibility

**Key inclusion criteria**

1. Age 30 - 60 years old
2. BMI 25 - 29.9 kg/m<sup>2</sup>
3. Low adherence (score  $\leq$  5) to the Mediterranean diet

**Participant type(s)**

Healthy volunteer

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Total final enrolment**

125

**Key exclusion criteria**

1. Obesity (BMI  $<25$  or  $>30$  kg/m<sup>2</sup>)
2. Diabetes, dysthyroidism
3. Chronic constipation, diarrhea or any other gut disease
4. Liver, kidney or other diseases
5. Known food allergies
6. Regular use of medications, dietary supplement
7. Consumption of antibiotics in the previous 3 months
8. Specific diet such as vegan or macrobiotic
9. Pregnancy/lactation
10. SARS-CoV-2 infection diagnosed by molecular diagnostic

**Date of first enrolment**

07/01/2021

**Date of final enrolment**

25/05/2021

## Locations

**Countries of recruitment**

Italy

**Study participating centre**

**University of Milano**

Department of Food, Environmental and Nutritional Sciences

Via G. Celoria 2

Milano

Italy

20133

**Study participating centre**

**University of Torino**

Department of Agricultural, Forest and Food Sciences

Department of Medical Sciences

Largo Paolo Braccini 2

Corso Dogliotti 14

Torino

Italy

10095/10126

**Study participating centre**

**University of Bari**

Aldo Moro-Department of Soil, Plant, and Food Sciences

Department of Biomedical Sciences and Human Oncology

via G. Amendola 165/A / Piazza Giulio Cesare 11

Bari

Italy

70126/70121

**Study participating centre**

**Libera Università di Bolzano**

Faculty of Science and Technology

Piazza Università, 5

Bozen

Italy

39100

**Study participating centre**

**University of Naples Federico II**

Department of Agricultural Sciences

Division of Microbiology

Via Università 100  
Portici (NA)  
Italy  
80055

**Study participating centre**  
**University of Bologna**  
Department of Pharmacy and Biotechnology  
Unit of Microbial Ecology of Health  
Via Massarenti 9  
Bologna  
Italy  
40138

## Sponsor information

**Organisation**  
Ministry of Education, Universities and Research

**ROR**  
<https://ror.org/0166hxq48>

## Funder(s)

**Funder type**  
Government

**Funder Name**  
Ministero dell'Istruzione, dell'Università e della Ricerca

**Alternative Name(s)**  
Ministry of Education, University and Research, Ministry of Education, Universities and Research, Italian Ministry for Universities and Research, Italian Ministry for Education, University and Research, Italian Ministry of Education, MIUR

**Funding Body Type**  
Government organisation

**Funding Body Subtype**  
National government

**Location**

Italy

## Results and Publications

### Individual participant data (IPD) sharing plan

Data of the markers analysed will be available upon request at the end of the study from:

1. Prof. Marco Gobbetti (marco.gobbetti@unibz.it)
2. Dr. Cristian Del Bo' (cristian.delbo@unimi.it)
3. Prof. Luca Cocolin (lucasimone.cocolin@unito.it)
4. Prof. Simona Bo (simona.bo@unito.it)
5. Dott. Ilario Ferrocino (ilario.ferrocino@unito.it)
6. Prof. Maria De Angelis (maria.deangelis@uniba.it)
7. Prof. Piero Portincasa (piero.portincasa@uniba.it)
8. Prof. Patrizia Brigidi (patrizia.brigidi@unibo.it)
9. Prof. Danilo Ercolini (ercolini@unina.it)

Data are anonymous and consent was obtained from participants.

### IPD sharing plan summary

Available on request