



Deree Chooses Mediterranean Diet



What is the Mediterranean?

The Mediterranean diet is inspired by the eating habits of Greece, Italy and Spain. There's no one "Mediterranean" diet. At least 16 countries border the Mediterranean Sea.

Diets vary between these countries and also between regions within a country due to:

- Differences in culture
- Ethnic background
- Religion
- Economy
- Agricultural production

Why Choose Mediterranean Diet

1. Mediterranean-style diets are often close to dietary recommendations. Heart disease and death rates in Mediterranean countries are lower than in the United States and amongst the lowest worldwide. It is one of the healthiest diets known to man because:

- It is low in processed foods and sugar
- Improves heart health, helps fight inflammation and cancer, and prevents or treats diabetes
- Helps you lose weight in a healthy way
- Can help you de-stress, relax and improve your mood
- Might Help You Live Longer!

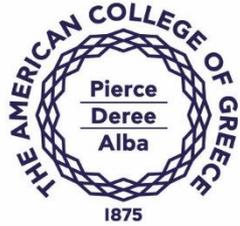
2. Even though a large percentage of calories in the Mediterranean diet may come from fat. It is healthy because:

- Eat less saturated fat than those who eat the average American diet.
- More than half the fat calories come from monounsaturated fats (mainly from olive oil).
- Monounsaturated fat doesn't raise blood cholesterol levels the way saturated fat does.

3. It is a realistic, easy, sustainable, healthy, tasty and an enjoyable way to eat, drink and live. [The Mediterranean Diet is a lifestyle and a way of life!](#)



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Know the Facts

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What Does Mediterranean Diet Include?

- Fruits, vegetables. Up until 30 years ago, residents of Greece ate very little red meat and an average of nine servings a day of antioxidant-rich fruits and vegetables.
- Grains that are typically whole grain and usually contain very few unhealthy trans fats. Bread, pasta and rice are also part of the diet. However, throughout the Mediterranean region, bread is eaten plain or dipped in olive oil (which is a monounsaturated fat — not eaten with butter or margarines, which contain saturated or trans fats).
- Beans and Lentils are a major part of this diet (2-3 servings per week).
- Nuts are high in fat (approximately 80 percent of their calories come from fat), but most of the fat is unsaturated. Remember: Because nuts are high in calories, they should not be eaten in large amounts — generally no more than a handful a day. Always raw and unsalted
- Boiled Greek coffee, rich in polyphenols, antioxidants contain only a moderate amount of caffeine. Particularly popular in Greece, Syria, Palestine, Lebanon, Turkey, Morocco, Egypt, Libya and Tunisia





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What does the Mediterranean diet emphasize?

1. Eating primarily plant-based foods, such as fruits, vegetables, whole grains, legumes and nuts
2. Replacing butter with healthy fats, mostly olive oil
3. Using herbs and spices instead of salt to flavor foods (Oregano, Basil, Dill, Parsley, Rosemary)
4. Limiting red meat to no more than a few times a month
5. Eating fish and poultry twice a week
6. Drinking red wine in moderation.
7. Having a cup of Greek style brewed coffee.

Enjoying meals with family, carefree chats with friends and getting plenty of exercise





Health Benefits of the Mediterranean Diet

1. Low in processed foods and sugar
2. Helps you lose weight in healthy way
3. Improves heart health
4. Helps fight cancer
5. Prevents or treats diabetes
6. Can improve your mood
7. Might help you live longer!
8. Helps you de-stress and relax



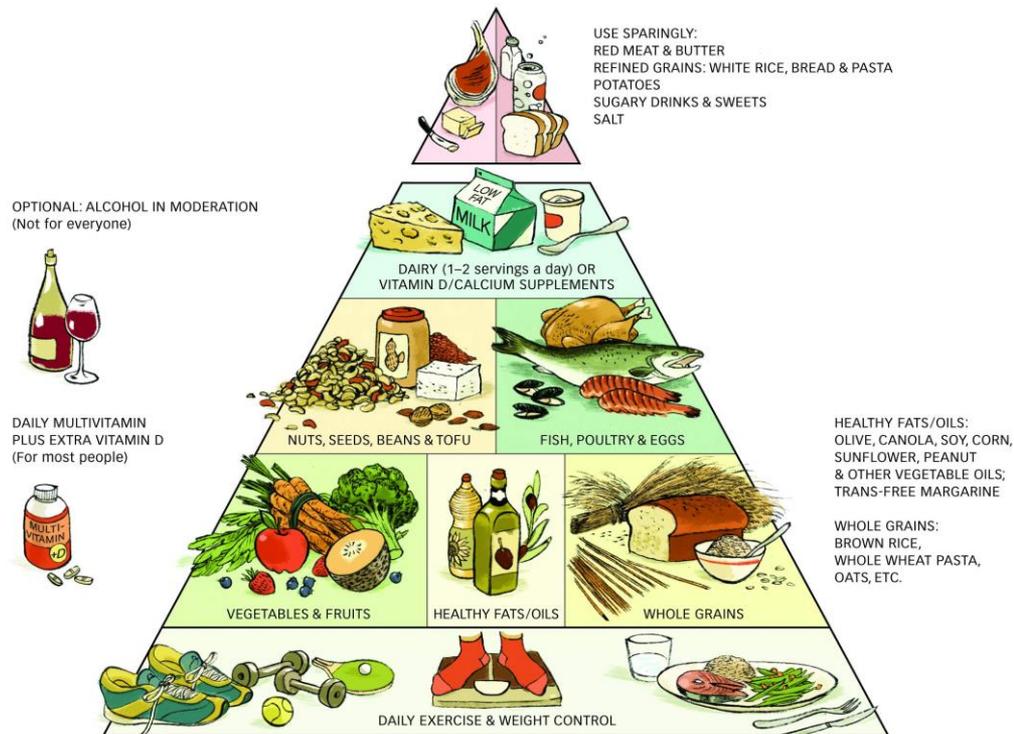
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How The Healthy Eating Pyramid compares to the Mediterranean Diet

THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health





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Words for the Wise

Aside from its healthy food recommendation this way of life encourages people to:

1. spend time in nature
2. get good sleep
3. bond over home-cooked healthy meals with family & friends rather than alone or on-the-go
4. add a glass of wine
5. enjoy a cup of Greek type coffee
6. put aside time to laugh, dance, garden and practice hobbies.



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Sources & further reading

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Pictures: www.pixabay.com

For Recipes

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