

Eating Mediterranean Style is Good For You this Fall!

Fad diets come and go. But, people living in the Mediterranean Basin of Europe have been eating healthfully for centuries. Here are a few basics about the Mediterranean style of eating. Give it a try!



The Mediterranean Diet is a healthy, fad-free way of eating originally found in countries surrounding the Mediterranean Sea such as Greece and southern Italy.

The eating pattern emphasizes whole grains, fruits, vegetables, beans, and nuts as well as healthy amounts of cheese, yogurt, and healthy fats such as olives and olive oil.

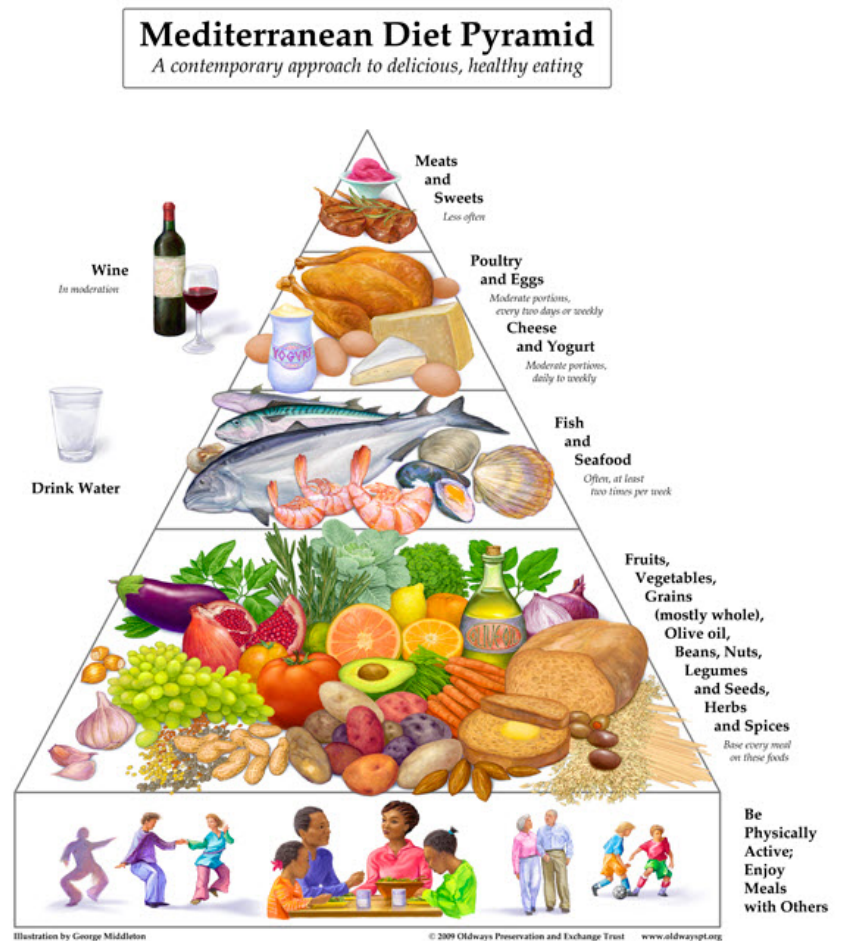
In addition to its spectacular, fresh flavors, the Mediterranean Diet is famous for its wide range of health benefits.

Researchers have found that people who eat a Mediterranean Diet and adhere to the healthful, Mediterranean lifestyle*, have a lower risk for heart disease, cancer, diabetes, stroke, Alzheimer's disease, osteoporosis, asthma, allergies, and arthritis. It has even been shown to promote weight loss as well as healthy blood pressure and cholesterol levels.

Eating a Mediterranean Diet is easy and delicious. Just use the Mediterranean Diet pyramid as your guide.

Common Mediterranean Foods and Drinks

- Bread, Pasta, Grains — bread, pasta, rice, couscous, polenta, and potatoes
- Fruits — choose your favorites. Examples include olives, avocados, grapes, and citrus
- Vegetables — choose your favorites. Examples include spinach, eggplant, tomatoes, broccoli, peppers, mushrooms, and garlic
- Beans & Nuts — choose your favorites. Examples include chick peas, white beans, lentils, walnuts, peanuts, and pistachios
- Other Olive Oil & Other Healthy Fats — Olives, avocados, hummus, nuts, seeds, and fish
- Cheese & Yogurt
- Fish & Shellfish
- Poultry
- Eggs
- Wine – optional. Usually, wine is consumed with meals; up to one to two glasses per day for men and one glass per day for women
- Tea, Coffee
- Fruit Juice



For more information

- www.mediterraneanmark.org
- www.lowesfoods.com/nutrition

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*The Mediterranean Lifestyle includes elements such as:

- Home-cooked meals made from foods featured on the Mediterranean Diet Pyramid
- Meals enjoyed at a leisurely pace with family and friends
- Daily physical activity such as walking or other fresh air exercise