



The Mediterranean Diet

A time-tested approach to healthy eating is the Mediterranean Diet - ranked the #1 diet by the U.S. News & World Report.

In comparison to a traditional “diet,” the Mediterranean way is a healthier and more sustainable lifestyle approach for the long-term. It relies less on restrictive eating and processed foods, and more on fresh, minimally processed whole foods and balance. It emphasizes fruits, vegetables, fish, beans and whole grains, while meat, dairy, and sweets are used more sparingly.

Not only does this approach guide you into choosing healthy food options, it also stresses the importance of physical activity. This pairing will assist you in not only maintaining your ideal body weight, but also improving your overall health.

Keys of the Mediterranean Diet:



Choose plant-based.

Pro: Evidence shows that plant-based foods (fruits, vegetables, nuts, seeds, legumes) reduce rates of heart disease, prevent diabetes and improve overall weight.



Emphasize fruits and vegetables.

Pro: A diet high in fruits and vegetables aids in the protection against many chronic diseases given their high phytonutrient, vitamin and mineral content.



Eat more fish and shellfish.

Pro: Consuming this type of food, especially fatty fish which are high in omega-3 fats, aids against high blood pressure and heart disease.



Use herbs and spices when cooking.

Pro: Choosing sodium-free seasonings eliminate the need for salt. Reducing sodium consumption can reverse hypertension and decrease stroke risk.



Use healthy fats when cooking.

Pro: Reducing the unhealthy fats can improve cholesterol and triglyceride levels and reduce the risk of heart disease and other obesity-related conditions. Cook with canola or olive oil instead of butter or lard.



Eat less red meat.

Pro: Reducing intake of saturated fat and cholesterol is protective against a wide variety of chronic illnesses like cancer and heart disease.

Use this less restrictive eating style and make it your own!
No need to avoid or eliminate; however, **balance is key.**