



THE FASTING PODCAST **WOW**: EPISODE 128 – Southern European Atlantic Diet (SEAD)

EPISODE 128: Southern European Atlantic Diet (SEAD)

The **Fasting** Podcast **WOW** (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP



THE FASTING PODCAST **WOW**: EPISODE 128 – Southern European Atlantic Diet (SEAD)

What About SEAD?

Southern European Atlantic Diet (SEAD)

- Southern European Atlantic Diet (SEAD) aka Atlantic Diet is the traditional diet of northern Portugal and northwest Spain – the approach used in countries bordering Atlantic ocean Ireland, Scotland, Wales, Southern England, Isle of Man, French Brittany...
- Review Episode 100 Mediterranean Diet & Fasting – the eating approach usually deemed among the top health-producing plans available
- The SEAD – recent findings deem it perhaps just as healthy as the Mediterranean Diet but with more foods typically avoided
- The new research suggests that even with more pork and red meat, the SEAD plan can be just as protective against heart disease & early death
- The 2021 study in MBC Medicine involved 31 65 adults age 60+ starting in 2008 spanning multiple years
- Participants logged daily intake in 9 categories: fresh fish, cod, red meat and pork products, dairy products, legumes & vegetables, vegetable soup, potatoes but not fried, whole grain bread, and wine



THE FASTING PODCAST WOW: EPISODE 128 – Southern European Atlantic Diet (SEAD)

Basics

SEAD

- Oxford Academics, Advances in Nutrition (an International Review Journal) indicates epigenetic benefits
- SEAD has more fish and shellfish consumption than Mediterranean diet
- Also more meat mainly pork and veal, more apples/pears/citrus fruits, more chestnuts, bread from unrefined flour and potatoes vs rice & pasta, more whole grains, more dairy products especially cheeses
- Both plans promote healthy lifestyle with daily activity and enjoying meals as a social act, water as main beverage, and simple cooking processes
- Detailed document 72 pages at <https://rebrand.ly/sead> (original unedited compares SEAD, Mediterranean, Dash, & Nordic diet)
- Basics of SEAD:
 - Daily consuming fruits, veggies, whole grains, olive oil, dairy
 - Weekly consuming seafood (e.g. cod), eggs, dried fruits, legumes, lean meats (e.g. beef, pork, poultry)
 - Occasional consuming fatty meats and sweets



THE FASTING PODCAST **WOW**: EPISODE 128 – Southern European Atlantic Diet (SEAD)

Tips for SEAD Plan

- Target 4-5 servings/day of local seasonal veggies
- Eat potatoes roasted, steamed, or broiled (not fried) – good fiber, potassium etc
- Include whole grains (e.g. brown rice, quinoa, oats, buckwheat, amaranth, farro) high in fiber & essential minerals, but avoid refined & white grain products
- Consume plant-based protein e.g. nuts, seeds, legumes – prebiotic sources
- Eat sustainable fish several times/week (e.g. sardines, wild-caught salmon, anchovies)
- Choose pork & grass-fed red meat in moderation
- Choose pure water as main beverage, and may enjoy organic coffee, tea, fresh pressed juice – avoid soda, sugary drinks and commercial
- Healthy wine should be limited to 1-2 glasses per day



THE FASTING PODCAST WOW: EPISODE 128 – Southern European Atlantic Diet (SEAD)

Findings on SEAD Plan

- Pubmed article concludes:
“Some bioactive compounds of SEAD had showed health benefits and protect against acute myocardial infarction. Data supports that SEAD is a sustainable diet. SEAD should be considered as an excellent dietary pattern and lifestyle.”
- Researchers found: higher adherence to the SEAD was associated with lower levels of some cardiovascular risk factors, reduced risk for myocardial infarction (heart attack) & lower all-cause mortality – also has a positive effect on epigenetics
- Past studies: help promote healthier gut microbiota & can lower levels of inflammatory markers and several cardiovascular risk factors.
- Based on available research, SEAD may help decrease: C-reactive protein (inflammation), total cholesterol & triglycerides, risk of heart attack, insulin resistance, blood pressure challenge, BMI & weight circumference
- Overall, the SEAD was shown to be protective against common chronic disease risk factors to a similar magnitude as both the Mediterranean diet and Alternative Healthy Eating Index, which includes nutrient-rich foods such as vegetables, fruits, fish, nuts, seeds and whole grains.



THE FASTING PODCAST WOW: EPISODE 128 – Southern European Atlantic Diet (SEAD)

Conclusions on SEAD

- Attributes of SEAD contributing to longer, healthier lives:
 - Higher intake of antioxidants, vitamins/minerals
 - Decreased saturated fat intake
 - Increased omega-3 fatty acid intake
 - Increased protein intake
 - Increased fiber intake
 - Low intake of added sugar & sodium
 - Avoidance of excess alcohol consumption
- Besides healthy diet, the good amount of physical activity and strong social networks can help reduce stress. Eating home-cooked foods that are grown locally, socializing often, getting sunshine exposure year-round and staying physically fit are other ways that these populations seem to age well



THE FASTING PODCAST WOW: EPISODE 128 – Southern European Atlantic Diet (SEAD)

Possible Next Steps



For questions and feedback with me at Julie@JPWOWPrograms.com

Check out our website: www.JPWOWPrograms.com

Please refer others to the podcast / youtube & give us a good Itunes review



THE FASTING PODCAST **WOW**: EPISODE 128 – Southern European Atlantic Diet (SEAD)

Stay Positive, Focused, & Determined Because
Where the Mind Goes, Energy Flows... *Ernest Holmes*

