

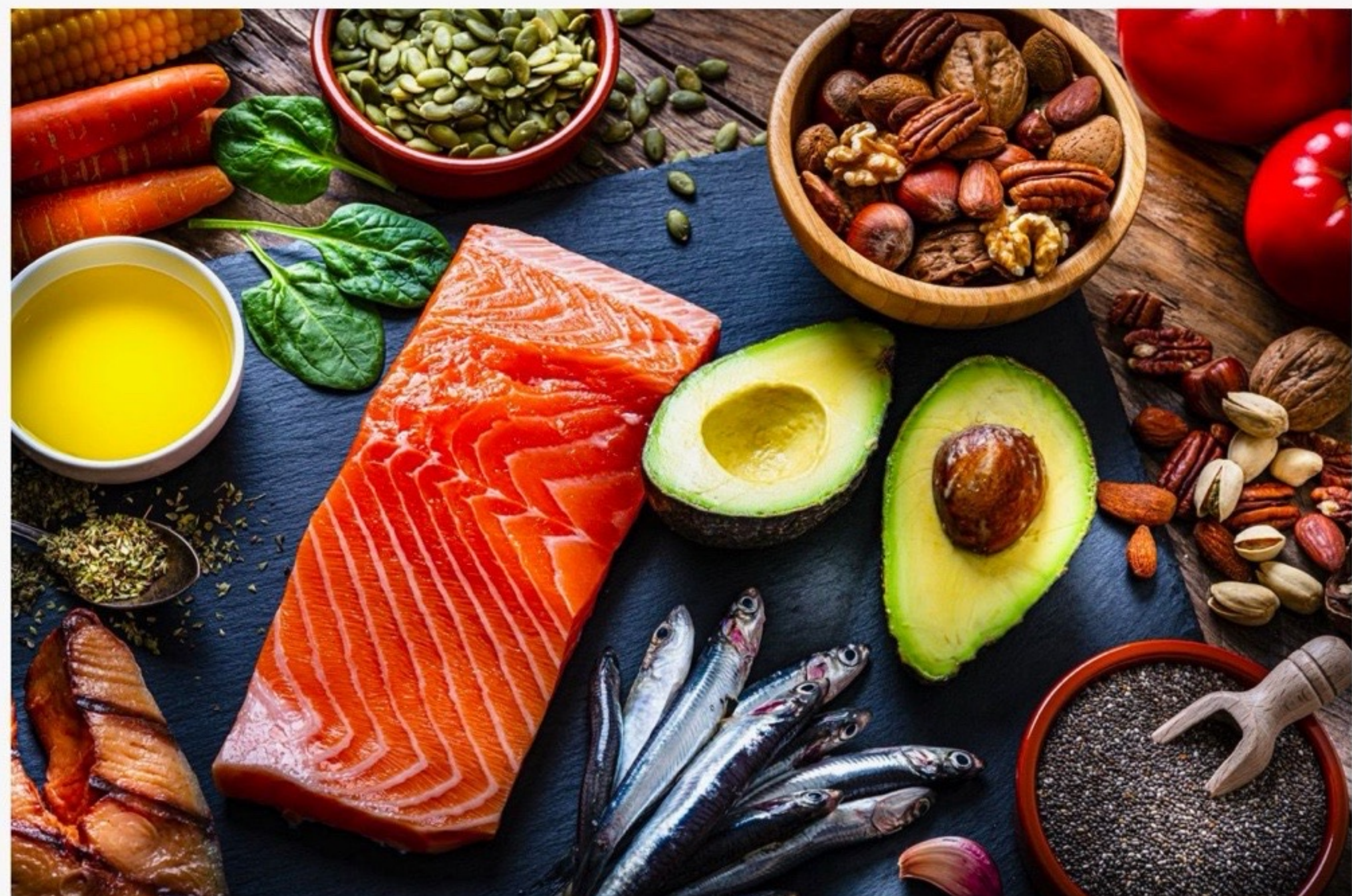
Mediterranean Diet

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What is it?

- The Mediterranean Diet emphasizes plant-based foods and healthy fats
- The diet consists of mostly veggies, fruits, whole grains, seafood & extra virgin olive oil
- This diet is the most researched diet that has been backed up by clinical studies to prove its effectiveness



What Foods Does It Include?

- Fish, seafood and chicken
- Large variety of fruits and vegetables
- Beans and legumes
- Cheese & yogurt
- Nuts & seeds
- Whole grains
- Olive oil



What to Eat on the Mediterranean Diet!



The Mediterranean Dish

Whole Grains, Legumes, Fruit, Vegetables, Healthy Fats, Herbs & Spices
Enjoy Daily



Fish, Seafood & Omega-3 Rich Food
Enjoy 2-3x/week



Poultry, Eggs & Dairy
Enjoy 1-2x/week



Red Meats & Sweets
Enjoy Sparingly



Physical Activity, Meal & Family Time
Practice Daily

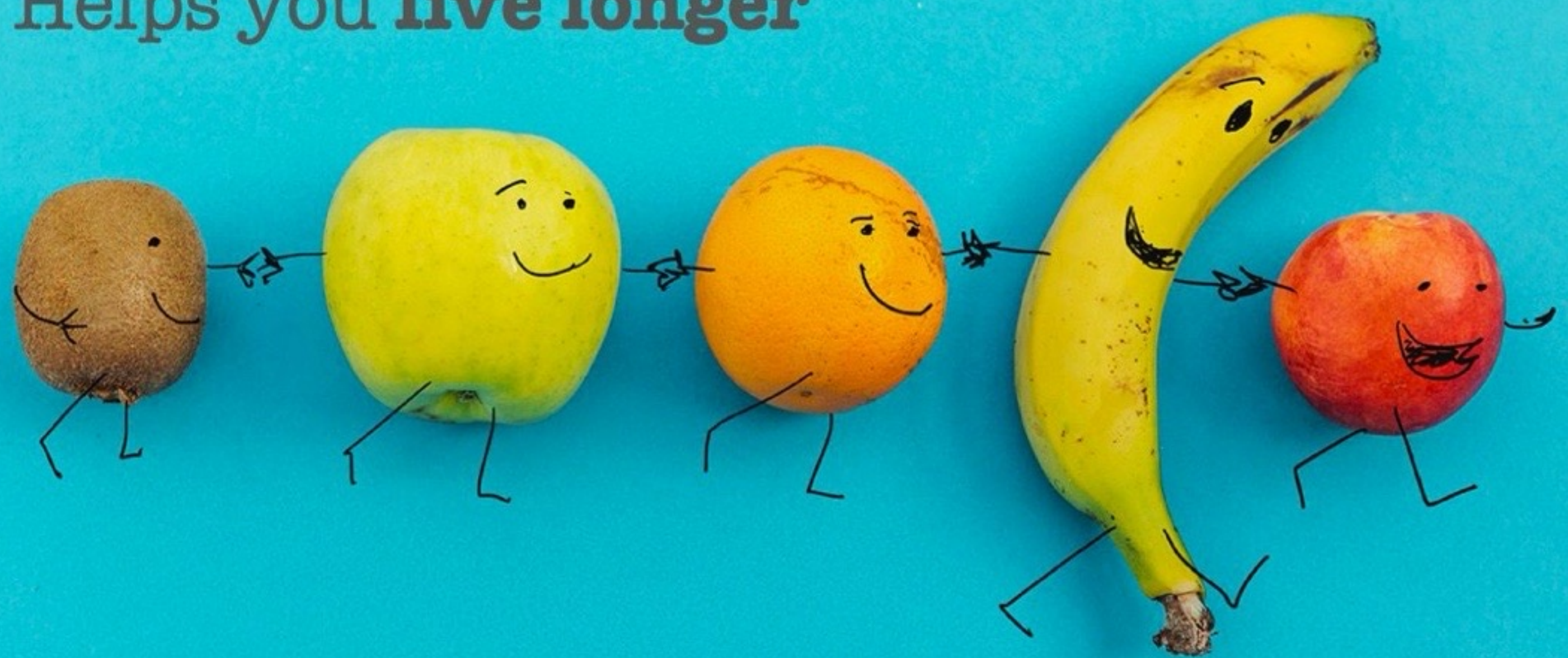


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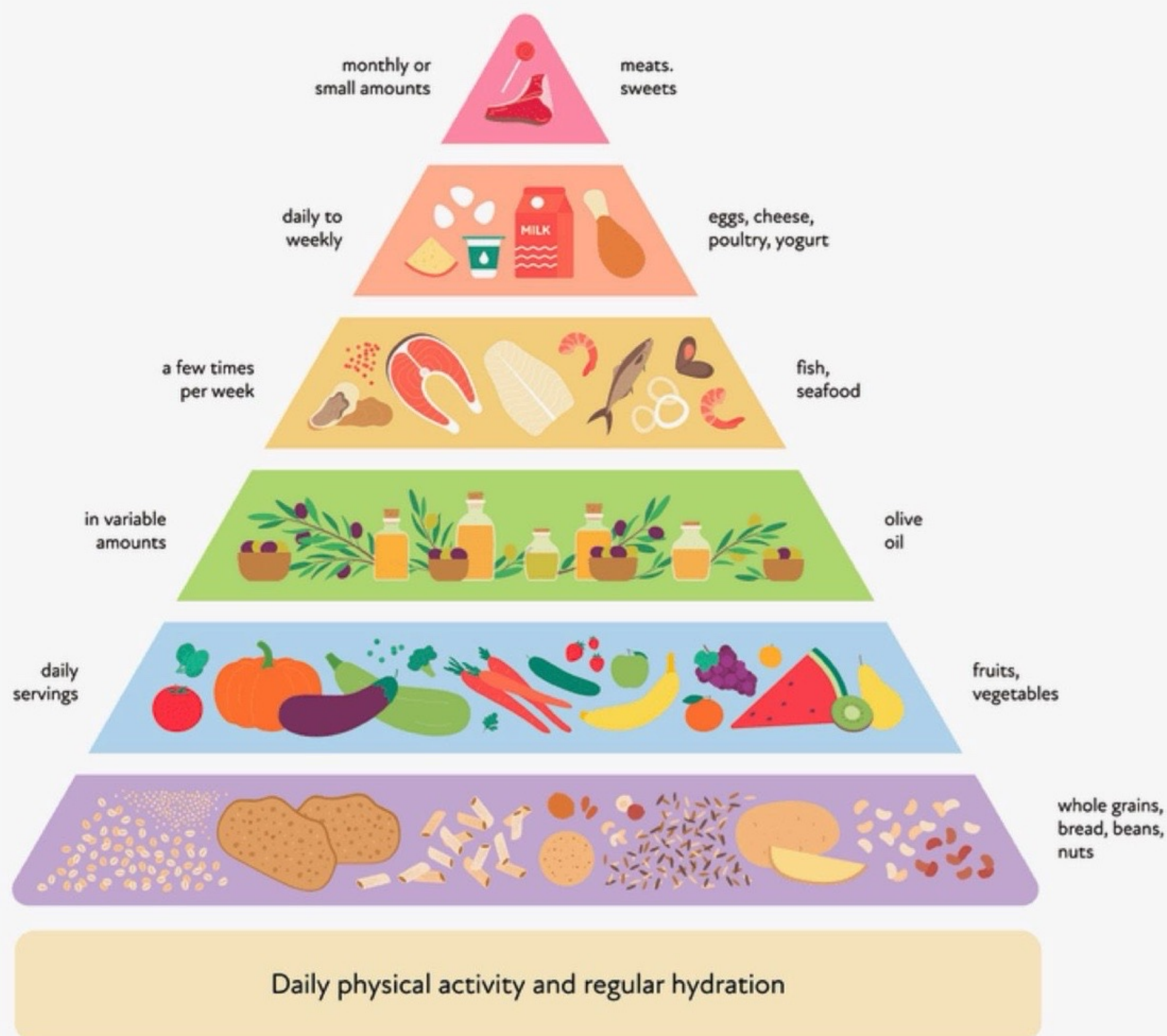
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- An illustration of a fast-food meal. It features a burger with a sesame seed bun, lettuce, tomato, and cheese on a blue plate. Next to it is a red carton of french fries and a blue cup with a white lid and a straw. The items are on a light orange surface.

Why Should I Consider Trying This Diet?

- Reduced risk of **cardiovascular & metabolic disease**
- Improved **cognitive function**
- **Slows cognitive decline** that naturally happens with age
- Lower risk of **depression**
- Improved **mental well being**
- Supports a **healthy body weight**
- Supports a **healthy gut microbiota**
- Lowers risk of many types of **cancer**.
- Helps you **live longer**



So What Should I Be Eating?



Whole Grains



Whole Wheat Pasta
Whole Wheat Bread
Rye Bread
Oatmeal
Corn
Buckwheat

Quinoa
Brown Rice
Black Rice
Barley
Sorghum
Bulgur



Fruit

Papaya
Apricots
Cherries
Oranges
Grapefruit
Mangos
Blueberries

Bananas
Watermelon
Figs
Cantaloupe
Guava
Peaches
Kiwi



Veggies & Tubers



Sweet potatoes
Parsnips
Carrots
Peppers
Asparagus
Eggplant
Kale

Zucchini
Romaine
Spinach
Squash
Broccoli
Brussel sprouts
Cauliflower

Fish & Meat

Salmon
Cod
Halibut
Anchovies
Mackerel
Sea Bass

Tuna
Shrimp
Chicken
Eggs

And occasional
Red Meat



Beans & Legumes



Black beans
Pinto beans
Kidney beans
Butter Beans
Lentils
Fava Beans
Lima Beans
Peas

Walnuts
Pecans
Pumpkin Seeds
Almonds
Brazil Nuts
Hazelnuts
Sunflower Seeds
Peanuts



Dairy & Olive Oil

Greek Yogurt
Low fat milk
Feta
Ricotta

Goat Cheese
Cottage cheese
Parmesan
Kefir



Extra Virgin Olive Oil

Thank
You

This slides are not
meant to replace
medical advice from
your doctor

Consult your doctor
before making any
major diet changes.

Please avoid these food
if you are allergic.

These slides are for
education purposes
only & are not meant
to diagnose or treat
any condition.

