

Mediterranean Diet

Sabina Kuczera MS4

Ross University School of Medicine

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 

What Foods Does It NOT Include?



- Fast food
- White bread & white pasta
- Cookies, cakes, white sugar
- Processed meats such as bacon, sausage, deli meat
- Highly processed foods such as sodas, breakfast cereal & chips

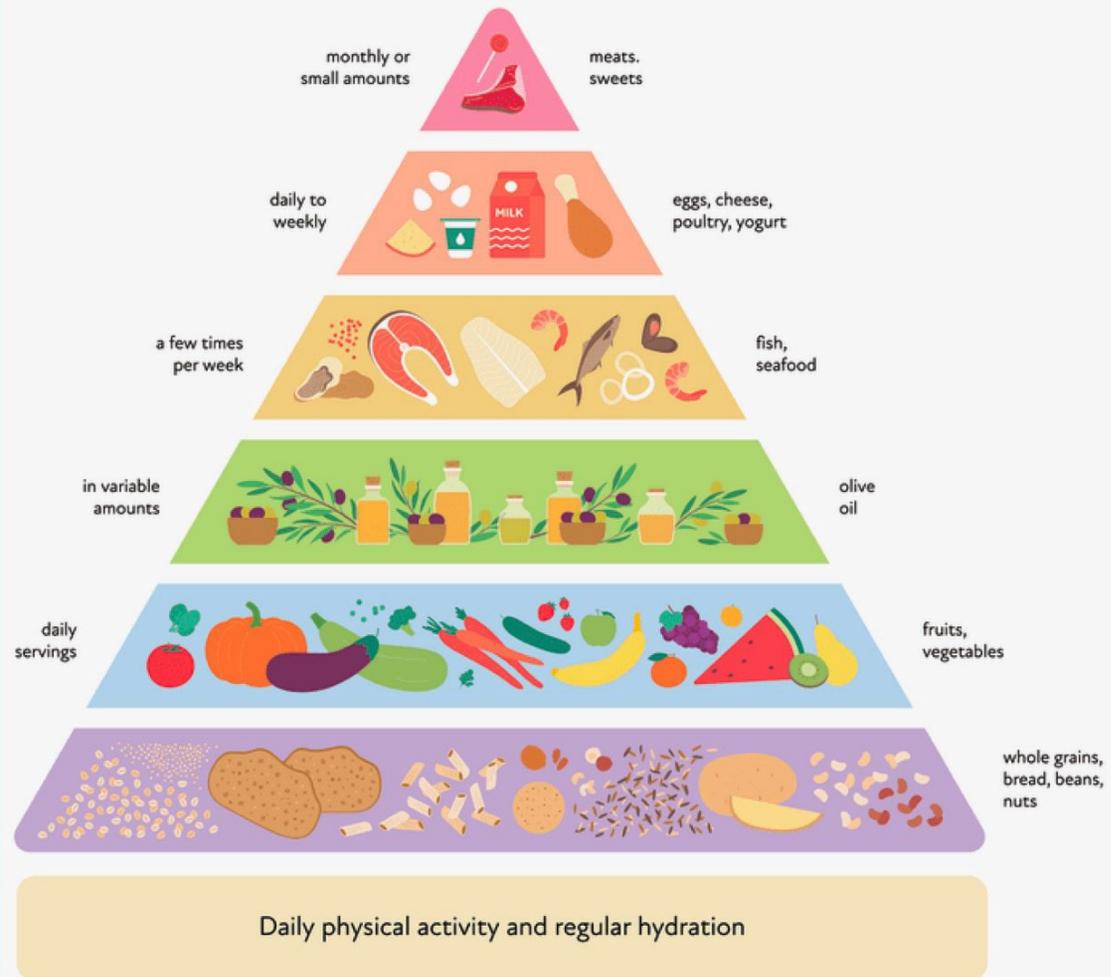


Why Should I Consider Trying This Diet?

- 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?



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.

