

UNLOCKING THE MEDITERRANEAN DIET

THE PLANT-BASED AND HEALTHY FAT DIET

IT'S A LIFESTYLE,
NOT A SHORT-TERM DIET



THE MEDITERRANEAN DIET IS A STYLE OF EATING BASED ON THE COUNTRIES NEAR THE MEDITERRANEAN SEA. THE DIET IS FILLED WITH SINGLE-INGREDIENT FOODS RICH WITH NUTRIENTS AND FIBER, FOCUSING ON LONG TERM HEALTH AND LONGEVITY.

DIETARY CHARACTERISTICS:

- **ONCE PER WEEK:** RED MEATS, PROCESSED MEATS, DAIRY & SWEETS
- **3 SERVINGS PER DAY:** WHOLE GRAINS, STARCHY VEGETABLES, NON-STARCHY VEGETABLES, FRUITS, & OLIVE OIL
- **3 SERVINGS PER WEEK:** FISH, LEGUMES, & NUTS

DIETARY BENEFITS:

- **REDUCES DISEASES** RELATED TO DEMENTIA, CANCER, & GUT-RELATED CONCERNS
- **REDUCES INFLAMMATION** BY CREATING ANTI-INFLAMMATORY CHEMICALS & ENZYME
- **REDUCES RISK OF CARDIOVASCULAR DISEASES**, INCLUDING STROKES & HEART ATTACKS

SCIENTIFIC EVIDENCE & NUTRITIONAL CONCEPTS:

- HIGH FIBER CONTENT (FRUITS, VEGETABLES, WHOLE GRAINS, AND LEGUMES) SUPPORTS GUT HEALTH BY **PROMOTING A HEALTHY MICROBIOME**. FIBER AIDS IN DIGESTION, PREVENTS CONSTIPATION, AND **REDUCES THE RISK OF DEVELOPING GASTROINTESTINAL DISEASES**
- ANTI-INFLAMMATORY FOODS SUCH AS OLIVE OIL, NUTS, FATTY FISH, FRUITS, AND VEGETABLES. THESE FOODS **CONTAIN HIGH LEVELS OF ANTIOXIDANTS, POLYPHENOLS, AND OMEGA-3 FATTY ACIDS**, WHICH HAVE BEEN SHOWN TO **REDUCE INFLAMMATION**.
- HEALTHY FATS (MAINLY FROM OLIVE OIL AND NUTS), WHOLE GRAINS, FRUITS, VEGETABLES, AND LEAN PROTEINS (PARTICULARLY FISH) CONTRIBUTES TO **CARDIOVASCULAR HEALTH**. THESE COMPONENTS HELP TO **REDUCE LDL (BAD) CHOLESTEROL LEVELS AND INCREASE HDL (GOOD) CHOLESTEROL LEVELS**.

THE DIET **MEETS** THE DIETARY GUIDELINES FOR AMERICANS.

- PROVIDES SUFFICIENT AMOUNTS OF FRUITS, VEGETABLE, WHOLE GRAINS, PROTEIN, DAIRY, FATS, SODIUM, & SUGAR



THE MEDITERRANEAN DIET: A DELICIOUS PATH TO HEALTH, FULLY ENDORSED AND RECOMMENDED BY DIETARY GUIDELINES!