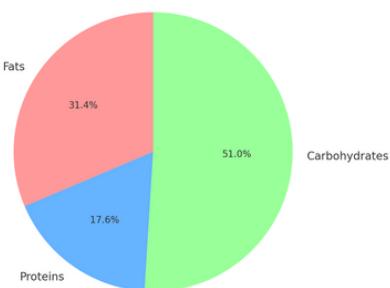


MEDITERRANEAN DIET

MedDiet is currently considered one of the most healthy dietary models worldwide.

Mediterranean Diet Composition According to DGA 2020-2025



Daily Intake

- Fruit and vegetables
- Whole grains, legumes, and nuts
- Fish and white meats
- Olive oil
- Moderate consumption of dairy products
- A low intake of red meat



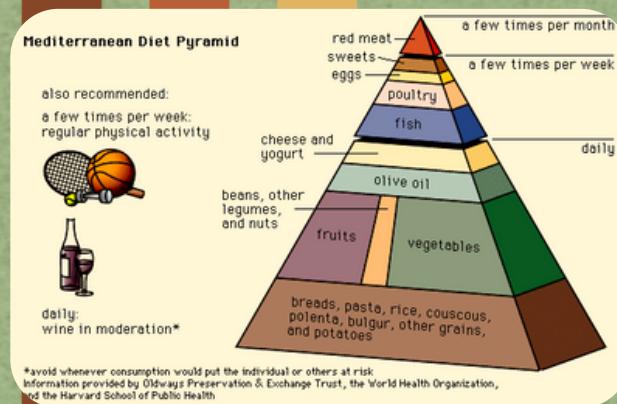
Greatest health benefits

By following the MedDiet, you can reduce the risk of:

- Heart disease
- Reduce risk of cancer
- Diabetes
- Depression
- Decreased risk of frailty

Nutritional Components

- High in healthy fats
- Rich in Plant-based foods
- Moderate consumption of animal products



Astounding results from MedDiet

- Can help with weight loss and maintenance
- Improves brain function
- Enhanced longevity (as in life expectancy)
- Contains higher levels of the 'good' cholesterol
- Better bone health



While many popular diets produce quick results, they are often not sustainable long-term. The MedDiet meets the Dietary Guidelines for Americans and has been shown to reduce the risks of heart disease, improve longevity, and support weight management better than many other diets.