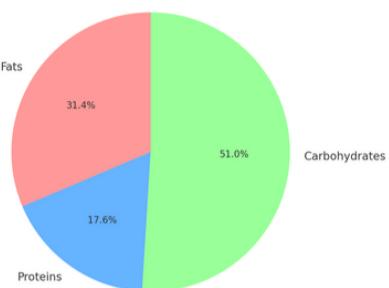


MEDITERRANEAN DIET

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



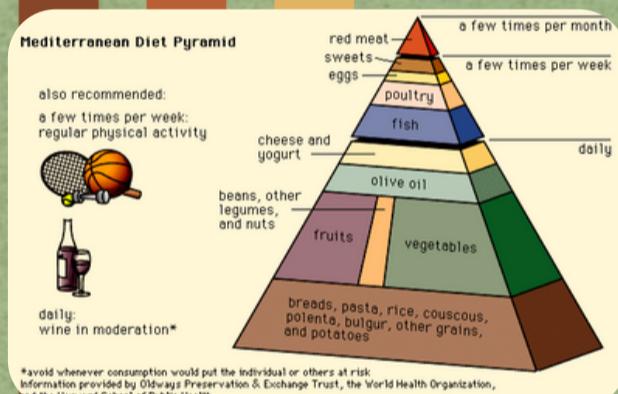
Greatest health benefits

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.

Ventriglio, A., Sancassiani, F., Contu, M. P., Latorre, M., Di Salvatore, M., Fornaro, M., & Bhugra, D. (2020). Mediterranean Diet and its Benefits on Health and Mental Health: A Literature Review. *Clinical practice and epidemiology in mental health : CP & EMH*, 16(Suppl-1), 156–164. <https://doi.org/10.2174/1745017902016010156>

Davis, C., Bryan, J., Hodgson, J., & Murphy, K. (2015). Definition of the Mediterranean Diet; a Literature Review. *Nutrients*, 7(11), 9139–9153. <https://doi.org/10.3390/nu7115459>

McManus, K. D. (2023, March 22). *A practical guide to the mediterranean diet*. Harvard Health Publishing. <https://www.health.harvard.edu/blog/a-practical-guide-to-the-mediterranean-diet-2019032116194>

Dietary Guidelines (USDA). (2020, January 1). Dietary Guidelines for Americans (2020-2025). Washington, DC, United States.