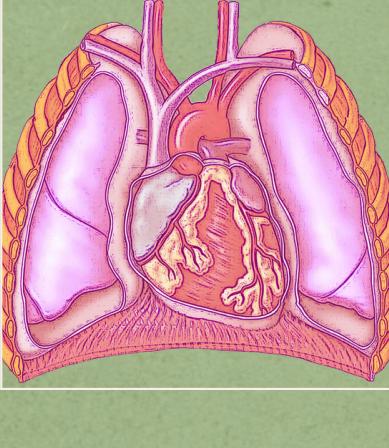


# The Mediterranean Diet



## Health Benefits

*The Mediterranean Diet claims to*

- Lower your risk of cardiovascular disease
- Help you live longer
- Support healthy blood pressure and cholesterol

## Low-fat

This diet encourages “healthy fats” or unsaturated fats. Unsaturated fats contribute to healthy cholesterol levels, promote brain health, and help combat inflammation.

The main sources of fat in this diet are: extra virgin olive oil, nuts, and legumes.



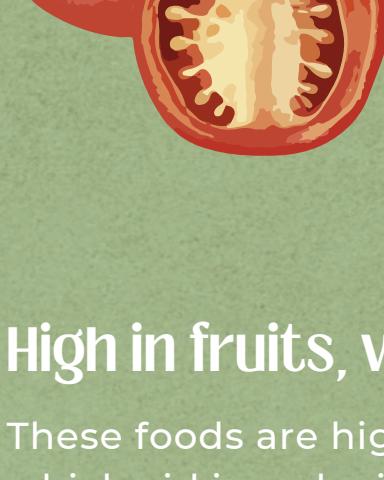
## Dietary Guidelines for Americans

*The Mediterranean Diet is*

- Low in saturated fat
- High in fiber (2x higher than in a usual Western diet)
- Low in protein (20% lower than in a typical Western diet)

## Little to no red meat

The Mediterranean Diet emphasizes choosing poultry, fish or beans instead of red meat. Fish is a key component of this diet because it is rich in omega-3 fatty acids, which may lower the risk of stroke and heart failure.



## Supporting health claims

- High fiber intake, particularly soluble, has a significant cholesterol-lowering effect
- Low saturated fat consumption helps lower LDL-cholesterol and coronary heart disease risk
- Data show that moderate protein restriction extends lifespan

## High in fruits, vegetables, & legumes

These foods are high in fiber and antioxidants which aid in reducing inflammation throughout your body. Additionally, fiber promotes the movement of waste through your large intestine and helps regulate healthy blood sugar levels.



The Mediterranean diet emphasizes plant-based foods and healthy fats while restricting highly processed foods and saturated fats. Extensive evidence supports its efficacy in reducing the risk of cardiovascular disease and various other conditions, making it a highly recommended choice for promoting a healthy lifestyle.