

The Mediterranean Diet: Everyday Dialogues [B1]

La dieta mediterranea è un modello di alimentazione sana ed equilibrata che può migliorare la salute e il benessere generale. Se stai cercando una dieta che ti aiuti a condurre una vita più sana, segui questi consigli e approfitta dei suoi numerosi benefici.



Isa: So, let's take a look at your blood test results. **Kim:** Oh, doctor, how bad is it? **Isa:** Hmm, actually, it's looking quite good, but your cholesterol is on the high side. **Kim:** I knew it! [I'm going to have a heart attack, aren't I?](#) Or diabetes? **Isa:** Please, calm yourself! You just need [to improve](#) your diet. **Kim:** Right, wholemeal everything and nothing nice, I [guess](#). **Isa:** Not at all. Just follow the Mediterranean diet. It's low in saturated [fats](#) and very [tasty](#), too. **Kim:** Mediterranean diet? What's that, sardines and olive oil? **Isa:** Yes, but lots of other things, too. Basically, try to choose [whole foods](#) that aren't processed, like fruit, vegetables, [nuts](#), lean meat and fish. **Kim:** What about alcohol? **Isa:** There's nothing wrong with a glass of wine with your dinner or the occasional beer at the weekend. **Kim:** Alright then, that's doesn't sound too bad at all!

NOW LET'S REVIEW THE VOCABULARY!

Take a look is the same as 'examine'. You can simply say 'look' without changing the meaning. **On the high side** means a little bit high. You can use the construction with other adjectives, too: on the small side, on the heavy side, etc. **I knew it!** is an exclamation you use to confirm something you had already [guessed](#). A **heart attack** is another phrase for coronary or cardiac [arrest](#). Food made from [flour](#) containing the whole grain is described as **wholemeal** or 'wholegrain'. **Not at all means** 'definitely not'. The expression is also used as a polite response to someone saying thank you. **Lean meat** refers to meat with a low fat content, such as chicken or [turkey](#). In this context, **occasional** means 'infrequent'. Not too bad or '**not bad**' is a casual way of saying 'quite good'.

Glossary

- **I'm going to have a heart attack, aren't I** = avrò...vero?
- **fats** = grasso
- **arrest** = arresto
- **flour** = farina
- **turkey** = tacchino
- **to improve** = migliorare
- **guess** = supporre
- **tasty** = gustosa
- **whole foods** = alimenti integrali
- **nuts** = frutta secca