



Mediterranean Diet

MEDITERRANEAN
DIET

Foods You Should Taste:

Vegetables: tomatoes, broccoli, cabbage, spinach, onions, cauliflower, carrots, Brussels sprouts, cucumbers, etc.

Fruits: Apples, bananas, oranges, pears, strawberries, grapes, dates, figs, melons, peaches, etc.

Nuts and seeds: Almonds, walnuts, macadamia nuts, hazelnuts, bowls, sunflower seeds, pumpkin seeds, etc.

Legumes: beans, peas, lentils, pulses, peanuts, peas, etc.

Tubers: Potatoes, sweet potatoes, turnips, yams, etc.

Whole grains: Oats, brown rice, rye, barley, corn, buckwheat, whole wheat, whole-grain, and pasta.

Fish and seafood: salmon, sardines, tuna, mackerel, shrimp, oysters, crabs, etc.

Chicken: chicken, duck, and turkey, and so on.

Eggs: Eggs, quail, and duck.

Dairy products: cheese, yogurt, Greek yogurt, etc.

Herbs and spices: garlic, basil, mint, rosemary, sage, nutmeg, cinnamon, pepper, etc.

Healthy fats: Extra virgin olive oil, olive, avocado, and avocado oil.

Whole foods and an essential element of good health.

Drinks For The Mediterranean Diet

In the Mediterranean diet, water should become the drink. This diet also includes moderate amounts of red wine - about 1 glass per day.



Coffee and tea are also perfectly acceptable, but you should avoid sugary sugary drinks and high-sugar juices.

Healthy Snacks For The Mediterranean Diet

No need to crave more than 3 meals a day. But if you are hungry between meals, there are many healthy snack options:

A handful of nuts.

One piece of fruit.

Carrots or baby carrots.

Some types of berries or grapes.

Remnants of the night before.

Greek yogurt.

Apple slices with almond butter.

Although there is no defined Mediterranean diet, this food intake is generally rich in healthy plant foods and relatively little animal food, with a focus on fish and seafood.



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► The Basics Of The Mediterranean Diet ◀

Get Vegetables, fruits, nuts, seeds, legumes, potatoes, whole grains, herbs, spices, fish, seafood, and extra virgin olive oil with butter.

Get in moderation: chicken, eggs, cheese, and yogurt.

Eat slowly: red meat.

► Mediterranean Diet ◀

The Mediterranean diet is one of the healthy eating plans recommended by the Dietary Guidelines for Americans to promote health and prevent chronic disease

It is also recognized by the World Health Organization as a healthy and sustainable dietary pattern and as an intangible cultural asset by the United National Educational, Scientific, and Cultural Organization.

The Mediterranean diet is based on traditional foods used in the late 1960s in countries such as Italy and Greece. The researchers noted that these people were extremely healthy compared to Americans.



Avoid these foods: sugary drinks, added sugars, processed meats, refined grains, refined oils, and other highly processed foods.

You should Avoid These Unhealthy Foods And Substances:

- Added sugar: soda, candy, ice cream, table sugar, and many more.
- Refined grains: white bread and pasta made with refined wheat , etc.
 - Trans fats are found in margarine and various processed foods.
 - Refined oils: soybean oil, canola oil, cottonseed oil, and more.
- Processed meat: Processed sausages and hot dogs.