

Mediterranean Diet

gettheearthhealthy.ca/mediterranean-diet

In this section you will learn:

- The main principles of the Mediterranean diet
 - The benefits of following the Mediterranean diet
 - How to integrate the principles of the Mediterranean diet into your lifestyle
- “Mediterranean diet” is a term based on the traditional eating habits in the countries bordering the Mediterranean Sea.
 - It is not a “diet”, but an overall pattern of eating that can be adapted to different lifestyles, cultures, and budget levels.
 - The main principles of the Mediterranean diet are represented in a pyramid, highlighting which foods should be included more often, less often, and in moderation.
 - The pyramid also highlights daily exercise and the beneficial social aspects of eating meals together.

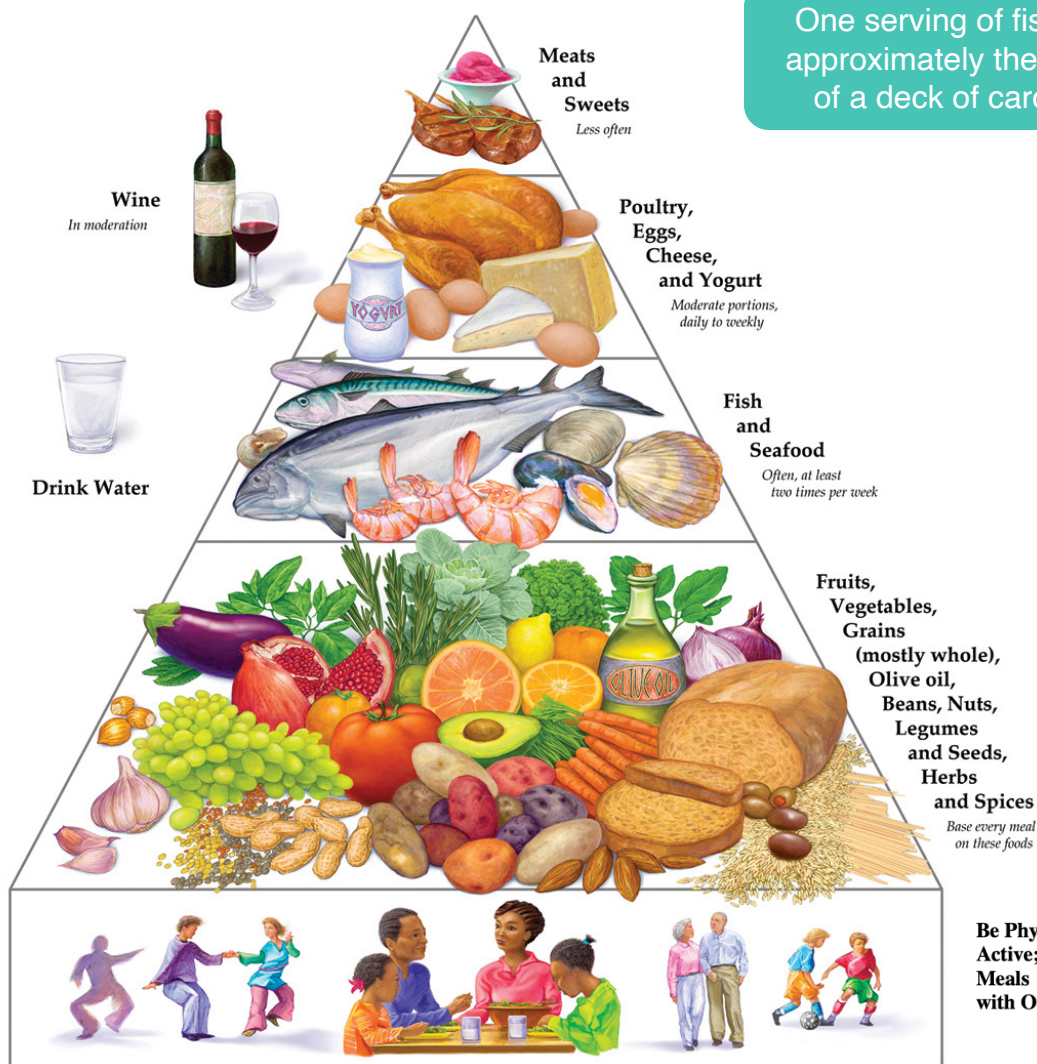


Illustration by George Middleton

Olive oil provides monounsaturated fat, which lowers total cholesterol and LDL cholesterol levels. Nuts and seeds also contain monounsaturated fat.



Main Principles of the Mediterranean Diet

- Base all meals on fruits, vegetables, whole grains, beans, nuts, seeds, legumes, herbs, and spices
- At least twice per week, include fish and seafood
- Poultry, eggs, cheese and yogurt should be eaten in moderation
- Red meat and sweets should be eaten less often
- Enjoy wine in moderation
- Avoid eating processed foods
- Olive oil should be the main source of fat
- Physical activity and enjoying meals with others are critical to a healthy lifestyle

Benefits of the Mediterranean Diet

- Lowers blood pressure
- Lowers LDL cholesterol levels
- Improves blood sugar control
- Improves cognitive function
- Maintains a healthy body weight
- Reduces mortality
- Reduces risk of developing cardiovascular disease or type 2 diabetes

Tips for Following the Mediterranean Diet

- Snack on nuts or vegetables
- Eat more fish
- Swap butter for olive oil when cooking and baking
- Make your own salad dressings
- Enjoy fruit for dessert
- Plan out your meals
- Eat mindfully, and with others when possible

Inform your Exercise Therapist if you would like to speak with our program Dietician.

Test Your Knowledge

What is considered one serving of fish?

What is the main source of fat in the Mediterranean diet?

What are some recommended sources of protein in the Mediterranean diet?