

Good Health News

By Olga Romanishin

The Mediterranean Diet

The Mediterranean Diet is a term used to describe the traditional diets of people living in countries bordering the Mediterranean Sea. This diet has been found to promote good health and reduce the risk of diseases such as heart disease, certain cancers, Alzheimer's disease, Parkinson's disease, and others.

Tips for Eating the Mediterranean Way:

1 Eat primarily a plant-based diet of fruits, vegetables, whole grains, legumes, and nuts.



2 Use herbs and spices, instead of salt to flavor food.



3 Use unsaturated fats, especially olive oil, instead of saturated fats, such as butter or margarine.



4 Eat fish and seafood, at least two times per week.



5 Eat moderate portions, (daily to weekly), of poultry, eggs, cheese and yogurt.

6 Limit sweets, and use fruits as dessert instead.

7 Limit red meat to no more than a few times per month.

8 Other vital elements of this lifestyle are being physically active and enjoying meals with others.

