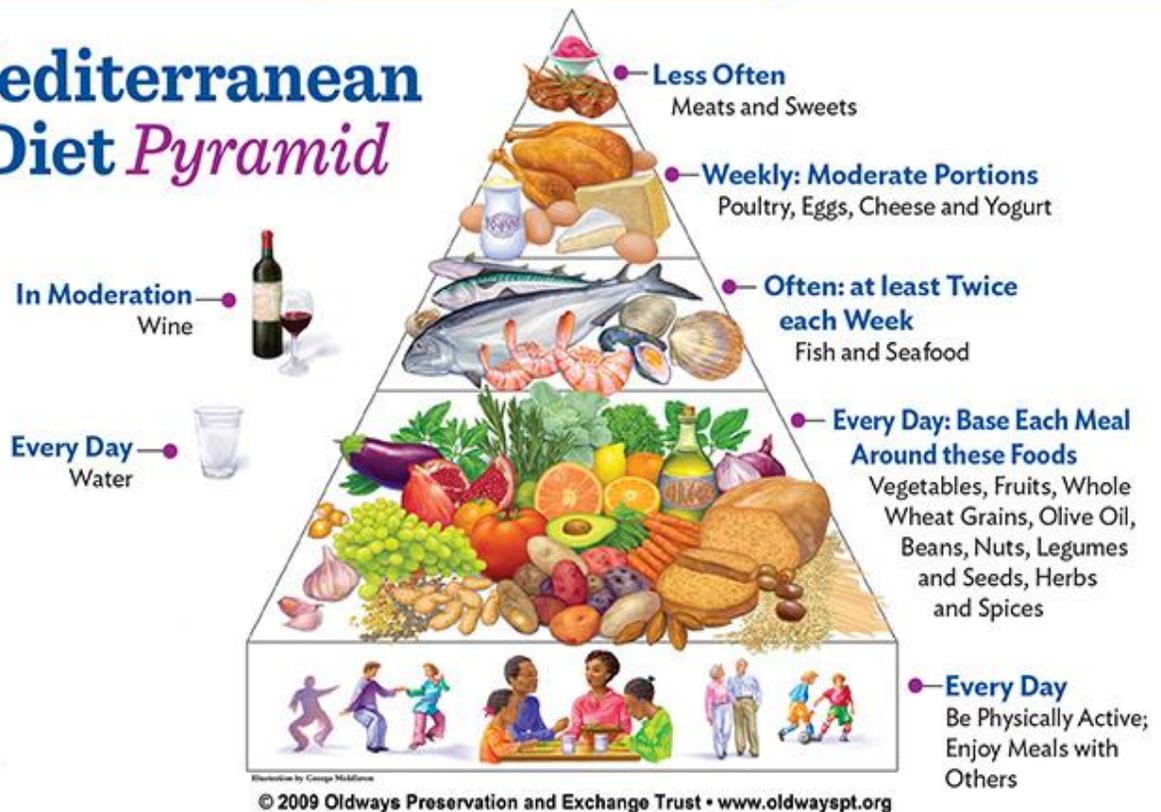


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Of all the current diets, why would I pick the Mediterranean Diet to cover in this article. Research, research and research which shows a correlation of this diet with a positive effect on cardiovascular disease, stroke and other diseases such as obesity, colorectal cancer and diabetes.

Mediterranean Diet Pyramid



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This diet is nutrient dense characterized by a high intake of fruit, vegetables legumes, cereals, olive oil and fish as well as moderate to low consumption of dairy products, moderate

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wine use, and little to no red or processed meats. The Pyramid model shows the types of foods and how often those foods should be consumed.

This diet has been shown in several studies to lower cardiovascular risk factors such as cholesterol, oxidized low-density lipoproteins (LDL) and reductions of pro-inflammatory cytokines as well as bioactive agents which reduce stress and inflammation. Adherence to this diet has also shown to reduce falls and risk of frailty. The benefits are not seen as due to a single part of the diet by the synergistic or antagonistic component within the diet itself.

So what can I do especially if I cannot do or afford the complete Mediterranean diet?

1. Strive for 7-10 servings a day of fruit and veggies. Switch to whole-grain bread, cereals, rice and pasta products.
2. Almonds, cashews, pistachios, walnuts and natural peanut butter are good choices for calories. Try tahini or blended sesame seeds as a dip or spread.
3. Use herbs and spices with olive oil to eliminate butter or margarine and salt.
4. Fish should be the fatty fish, once or twice a week and fresh or water packed mackerel or herring are good choices.

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5. Low fat dairy and limit the high fat dairy products.
6. A glass of wine with a meal per day but if you do not drink, have a history of alcoholism or have liver disease, you can get the same benefit with purple grape juice.

There are resources you can find by Google search “Mediterranean Diet” in which you will find links, videos and cooking guides.

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