

# Mediterranean Diet



## **Who should eat a Mediterranean diet?**

People at risk of coronary heart disease, (angina, heart attacks). These include any one who is overweight, smokes, has diabetes, high cholesterol, high fats in their blood, high blood pressure.

## **What other benefits does it have?**

It helps prevent cancers of the gastrointestinal tract (mouth, throat, gullet, stomach, small bowel and large bowel).

Helps to prevent blood clots (thrombosis), which can lead to strokes and blood clots in the lungs.

Can help to aid weight loss.

## **What foods can you eat?**

### Consume lots

Fruit

Vegetables

Cereals (including bread and potatoes)

Nuts

Olive oil (Monounsaturated fats)

Complex carbohydrates (grains and legumes)

Fish

### Consume little

Meat

Meat products

Milk

Dairy products

Saturated fat

Salt

Moderate alcohol consumption  
(women <2 glasses wine per day,  
men <3 glasses wine per day).

## **What foods can I eat together?**

Cooked meals, soups, salads rich with olive oil and vegetables can have whole grain bread along side them.

You should not consume much milk, but cheese and yogurt are fine to eat. Feta cheese can be added to salads and vegetable stews.

Moderate alcohol consumption in the form of wine with meals.

## **What else do I need to do?**

### **Stop smoking.**

Be active for at least 30 minutes a day. This means increasing your heart rate and potentially breaking a sweat. It can be achieved by walking (especially up a gentle incline), swimming, exercise videos, gyms are not necessary.

### **The science bit!**

The high content of vegetables, fresh fruits, and cereals, and the liberal use of olive oil guarantee a high intake of  $\beta$  carotene, vitamin C and various important minerals. Fruits and vegetables are plentiful sources of antioxidants, which help to prevent cancers.