**MEDITERRANEAN DIET**

The Mediterranean diet is based on the traditional foods that people used to eat in countries like Italy and Greece back in 1960. Researchers noted that these people were exceptionally healthy compared to Americans and had a low risk of many lifestyle diseases.

Numerous studies have now shown that the Mediterranean diet can cause weight loss and help prevent heart attacks, strokes, type 2 diabetes, and premature death.

There is no one right way to follow the Mediterranean diet, as there are many countries around the Mediterranean Sea and people in different areas may have eaten different foods.

Consider this as a general guideline, not something written in stone. The plan can be adjusted to your individual needs and preferences.

**THE BASICS**

* **EAT:** Vegetables, fruits, nuts, seeds, legumes, potatoes, whole grains, breads, herbs, spices, fish, seafood, and extra virgin olive oil.
* **EAT IN MODERATION:** Poultry, eggs, cheese, and yogurt.
* **EAT ONLY RARELY:** Red meat.
* **DON’T EAT:** Sugar-sweetened beverages, added sugars, processed meat, refined grains, refined oils, and other highly processed foods.

**THE BOTTOM LINE**

Though there is not one defined Mediterranean diet, this way of eating is generally rich in healthy plant foods and relatively lower in animal foods, with a focus on fish and seafood.

You can find a whole world of information about the Mediterranean diet on the internet, and many great books have been written about it.

Try googling “Mediterranean recipes” and you will find a ton of great tips for delicious meals.

At the end of the day, the Mediterranean diet is incredibly healthy.