

Mediterranean Nutrition Plan

- Not a specific nutrition plan, but based on commonalities of dietary patterns and lifestyles often found in Greece, Italy, and Spain
- Greatest amount of data showing reduction in cardiovascular risk
- Approximately 40% of Calories from fat: extra virgin olive oil is primary fat

Encouraged:

- Extra virgin olive oil
- Vegetables
- Fruits
- Legumes
- Nuts, seeds
- Fish, seafood
- Whole grains
- Physical activity
- Sleep (7-9 hours of sleep)
- Social interactions

Moderate:

- Poultry
- Eggs
- Fermented dairy (cheese, yogurt)
- Red wine (with meal)

Limit:

- Refined carbohydrates and oils, highly processed foods
- Red meat/ Processed meat
- Sweets/ sugar

