

The Mediterranean Diet: A Heart Healthy Diet

The Mediterranean diet is a way of eating that is based on the traditional foods from countries that border the Mediterranean Sea. Although there are many different countries and eating patterns, most diets are high in vegetables, fruits, whole grains, beans, nuts and seeds, and olive oil. The Mediterranean diet became popular in America in the 1960's, when studies found that the diet was linked to reduced risk of cardiovascular disease.

The Mediterranean diet is a plant-based diet because its meals are built around fruits, vegetables, beans, nuts, and seeds. Dairy, poultry, eggs, and seafood are added in moderate amounts, while red meat is eaten occasionally. This leads to a greater intake of unsaturated fats, and lower amounts of saturated and trans fats.

It's not just the food that provides the health benefits. One of the most important foundations of the Mediterranean diet is physical activity. Being physically active helps manage weight, strengthens muscles and organs, and provides many mental health benefits.

A Mediterranean Style Meal

Tomato, Cucumber, and Spinach Salad – Fill ½ of your plate

Slice or quarter 4-5 tomatoes. Thinly slice 1 cucumber. Add in as much spinach (or other leafy green) as you want. Using a spoon, add in 2-3 spoons of olive oil, and 1 spoon full of lemon juice. Now add in some of your favorite spices.

3oz Grilled Salmon

½ cup Brown Rice

1 cup Mixed Berries – Slice strawberries, then add in raspberries and blueberries. For some extra flavor mix in fresh mint leaves and ½ tsp lemon juice.

Check out the following links to learn more about the Mediterranean Diet food pyramid:

<https://justfitnesshub.com/wp-content/uploads/2018/06/Mediterranean-Diet-Pyramid-.jpeg>

<https://www.whatisepigenetics.com/wp-content/uploads/2017/11/mediterraneanandiet.jpg>

Remember it's always healthy to discuss any major diet and activity changes with your provider.

Sincerely,

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