



Disclaimer: I am not a qualified health practitioner. You should always consult a qualified health practitioner if you are sick. Opinions expressed on this website are my own or come from my own experience or research

The Mediterranean Diet Includes Meat and Fish

The Mediterranean diet is a way of eating based on the traditional cuisine of countries bordering the Mediterranean Sea. While there is no single definition of the Mediterranean diet, it is typically high in vegetables, fruits, whole grains, beans, nut and seeds, and olive oil.

The main components of the Mediterranean Diet:-

- Daily consumption of vegetables, fruits, whole grains and healthy fats
- Weekly intake of fish, poultry, beans and eggs
- Moderate portions of dairy products
- Limited intake of red meat

Other important elements of the Mediterranean diet are sharing meals with family and friends, enjoying a glass of red wine and being physically active.

In 1999, the results of the Lyon Diet Heart Study were published. This study looked at patients who were at serious risk for a heart attack and who had all already survived a first heart attack. Most of them had all kinds of risk factors.

Six hundred patients were divided into 2 groups. The 1st group was told to eat a 'prudent' diet, the type doctors recommended to heart disease patients ie low fat, low cholesterol etc. The 2nd group were put on the Mediterranean Diet which also includes a moderate amount of wine.

Guess what happened?

They stopped the study!

The group eating the Mediterranean diet got such extraordinary results that the researchers felt ethically compelled to stop the study after a year and put everyone on the Mediterranean plan.

A 4 year follow up of those still following the diet revealed a 50-70% lower risk of heart disease. At the time, the absolute best result a cholesterol-lowering drug had been able to achieve was a 33% lowered risk. And their cholesterol levels had hardly moved.

All they did was change their diet.....!



Zest for Life

My only criticism is that the diet recommends changing butter for margarine which we now know is bad for you. Stick with a little butter as recent studies have indicated that saturated fat is not linked with CVD (Cardio Vascular Disease – see the section on Fats).

Here is a link to a website on the Mediterranean Diet with tasty recipes. However, this site is not up to speed with healthy fats so please read the notes on fats above and apply accordingly.

<https://www.themediterraneandish.com/category/the-mediterranean-diet/mediterranean-diet-recipes/>

References:

<https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/mediterranean-diet/#:~:text=Research%20has%20consistently%20shown%20that,the%20course%20of%2012%20years.>

https://www.healthline.com/nutrition/5-studies-on-the-mediterranean-diet#TOC_TITLE_HDR_2

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6466433/>

Book – The Most Effective Ways to Live Longer by Jonny Bowden

Book – Spoon Fed by Phil Spector