

HOW TO IMPLEMENT THE MEDITERRANEAN DIET

How simple changes in Your daily diet may get You better lifestyle improvements

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WHAT IS THE MEDITERRANEAN DIET?

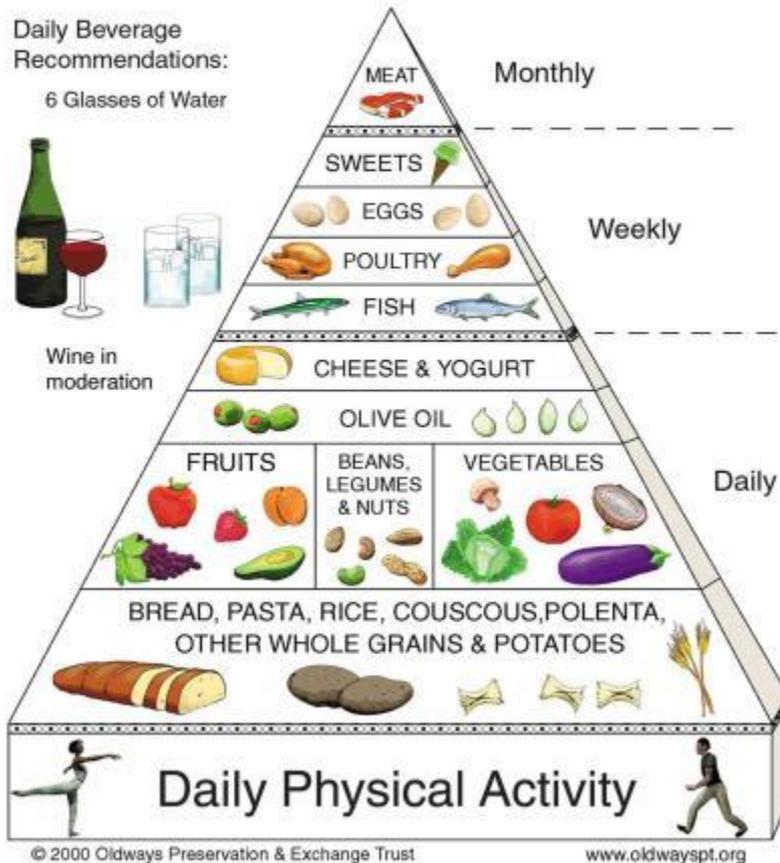


The Mediterranean diet is not only a weight loss and maintenance diet, it's also one of the healthiest ways of eating in the world.

It's better to use the term: "Mediterranean cuisine" as it is the traditional eating lifestyle of the Mediterranean people.

WHAT IS THE MEDITERRANEAN DIET?

The Traditional Healthy Mediterranean Diet Pyramid



The common principles are:

- ✓ The use of “Unique plates” (Plates that combine carbs and meat)
- ✓ Intensive use of olive oil
- ✓ Consumption of fresh fruits, vegetables and legumes
- ✓ Moderate consumption of red meat
- ✓ Consumption of fish or white meats restricted to once a week
- ✓ Moderate use of cheese and yogurt
- ✓ 1 glass of red wine to accompany the main meals
- ✓ Consumption of honey instead of sugar
- ✓ Drink at least 6 glasses of water a day

WHAT IS THE MEDITERRANEAN DIET?

A Typical Mediterranean Diet Menu is Formed by 5 “Stages”:

1. 08:00 a.m. Breakfast: 30 % of daily calories intake
2. 11:30 a.m. Snack: 5 % of daily calories intake
3. 13:00 p.m. Lunch: 40 % of daily calories intake
4. 18:00 p.m. Snack: 5 % of daily calories intake
5. 21:00 p.m. Dinner: 20 % of daily calories intake



WHAT IS THE MEDITERRANEAN DIET?

Some Tips to Get Better Results:



- ✓ Use cereals for breakfast, lunch and limit their use for dinner
- ✓ Consume 3-4 portions of various aliments for each meal
- ✓ Moderate the consumption of grapes, bananas, figs they have a lot of calories and sugars.
- ✓ Try to eat fruit alone for snacks
- ✓ Prefer milk and yogurt foamed or partially foamed, fresh and lean cheeses
- ✓ Minimize the consumption of cream and butter
- ✓ Prefer lean meats and fish. Moreover blue fish (anchovies, sardine, herrings, sword fish, etc...)
- ✓ Avoid the consumption of preserved meats, fat meats and fishes
- ✓ Limit the fat of animal and fried origin
- ✓ Prefer vegetable oils, particularly extra virgin olive oil
- ✓ Consumes at least 4 eggs a week
- ✓ Replace butter with olive oil
- ✓ Use honey instead of sugar
- ✓ Eat red meat only once a month
- ✓ Drink 1 glass of red wine (or grape juice) a day

REMEMBER.....

Drastic weight loss

Will do

More harm than good

THE BENEFITS OF THE MEDITERRANEAN DIET

Research shows that the Mediterranean Diet: (*)

- ✓ Helps You Loose Weight Safely
- ✓ Fights cancer (Colon, Prostate, Oral, Breast, Ovarian)
- ✓ Lowers your risk for heart disease
- ✓ Lowers your blood pressure
- ✓ Lowers “bad” cholesterol levels (LDL)
- ✓ Protects you from diabetes
- ✓ Keeps away depression
- ✓ Safeguards you from Alzheimer’s disease
- ✓ Wards off Parkinson’s disease
- ✓ Improves rheumatoid arthritis



() See the credits slide for references on medical studies that confirm these results*

DIET

The main benefits of the Mediterranean Diet come from its healthy foods:

- **Berries**, such as strawberries, blueberries, raspberries, etc. are also a must in our diet because of their antioxidants. If you really want to follow a Mediterranean diet, eat fruit for dessert instead of cake. That's how people in the Mediterranean region eat their fruit most of the time.
- Use **olive oil** and lemon for dressing; you can't beat this combination when it comes to antioxidants.
- **Tomatoes** and tomato products are a staple food in the Mediterranean diet; they contain lycopene, a "must have" ingredient in the fight against heart disease and cancer.
- **Zucchini** are also a wonderful complement for your main dish; sauté them with olive oil.
- Have **pasta** 2 or 3 times a week. Pasta made with semolina is a good choice; it is low in calories and the fiber leaves you feeling full.
- Eat dry **beans, lentils**, or garbanzo beans 2 or 3 times a week. Nutrition experts at the Michigan State University tell us that eating 2 to 4 cups of cooked legumes every week can protect us against heart disease. Eat legumes with a piece of whole grain bread and you will have the perfect protein.
- **Nuts** are also a staple food in Mediterranean countries and are high in monounsaturated fat, the one that does not get stuck in our arteries. Almonds and walnuts are the most beneficial for our health.
- **Sardines** are a good choice because they provide omega-3 oils, oils that our bodies need but cannot produce or cannot produce in enough quantities.
- **Garlic** has been found to be a major contributor to the low incidence of high blood pressure in Mediterranean countries because it dilates the blood vessels walls.

HOW TO IMPLEMENT THE MEDITERRANEAN DIET IN YOUR LIFE

What is the easiest way to start the Mediterranean Diet?

Choosing natural, unprocessed foods like fruits, vegetables, whole grains, seafood, olive oil, nuts, avocados, yogurt, and cheese to make up the bulk of your diet is the easiest way to make your diet more like the Mediterranean Diet.

What is an example of a Mediterranean diet menu?

Breakfast: Greek yogurt topped with berries and walnuts. Coffee or tea.

Lunch: Lentil soup with swish chard topped with tzatziki sauce. Hummus and pita.

Snack: Whole grain crackers and cheese.

Dinner: Roasted cod paired with a wheat berry salad consisting of olive oil vinaigrette, feta, parsley, and tomatoes. A glass of red wine.

Dessert: Fresh fruit drizzled with honey.



SOME EASY MEDITERRANEAN DIET RECIPES

Peppered Shrimp Alfredo

This recipe can make 4 servings. This delectable dish requires 30 minutes preparation time and 20 minutes cooking time. It should be ready in 50 minutes. Each serving contains 981 calories, 68.9g total fat, 305mg cholesterol, 1677mg sodium, 55.9g carbohydrates, 4.1g dietary fiber, and 39.2g protein.

Ingredients

- Penne pasta – 8 ounces
- Butter – 1/4 cup
- Extra-virgin olive oil – 2 tablespoons
- Onion (diced) – 1 piece
- Garlic (minced) – 2 cloves
- Red bell pepper (diced) – 1
- Portobello mushrooms (diced) – 1/2 pound
- Medium shrimp (peeled and deveined) – 1 pound
- Alfredo sauce – 1 (16 oz) jar
- Romano cheese (grated) – 1/2 cup
- Cream – 1/2 cup
- Cayenne pepper – 1 teaspoon or more to taste
- Salt and pepper to taste
- Parsley (chopped) – 1/4 cup

Directions

1. Boil salted water in a large pot. Cook the pasta in the boiling water for 8 to 10 minutes. Immediately drain the water once the pasta is cooked. Set aside.
2. In a saucepan, melt the butter over medium heat and add the olive oil. Add the onion and stir for 2 minutes or until the onion becomes soft and translucent. Add the red pepper, garlic and mushrooms. Stir and cook for 2 minutes over medium high heat or until everything is soft.
3. Add the shrimp and cook until the texture becomes pinkish. Introduce the Alfredo sauce, the Romano cheese, and cream. Simmer but make sure to stir constantly for 5 minutes or until the sauce has thickened. Add cayenne, pepper, and salt to taste. Remove from heat and add the pasta in the sauce. Garnish individual serving with chopped parsley.



SOME EASY MEDITERRANEAN DIET RECIPES

Cioppino Seafood Delight

This recipe makes 14 servings. Prep time for this dish is 10 minutes while cooking time is 45 minutes. The dish is ready to be served in 55 minutes. Each serving of Cioppino has 315 calories, 163mg cholesterol, 786mg sodium, 12.9g total fat, 9.2g total carbs, 1.3g dietary fiber, and 34g protein.

Ingredients

- Butter – 3/4 cup
- Onions (chopped) – 2 pieces
- Garlic (minced) – 2 cloves
- Fresh parsley (chopped) – 1 bunch
- Stewed tomatoes – 2 (14.5 oz) cans
- Chicken broth – 2 (14.5 oz) cans
- Bay leaves – 2 pieces
- Dried basil – 1 tablespoon
- Dried thyme – 1/2 teaspoon
- Dried oregano – 1/2 teaspoon
- Water – 1 cup
- White wine – 1 1/2 cups
- Large shrimps (peeled and deveined) – 1 1/2 pounds
- Bay scallops – 1 1/2 pounds
- Small clams – 18 pieces
- Mussels (cleaned and debearded) – 18 pieces
- Crabmeat – 1 1/2 cups
- Cod fillets (cubed) – 1 1/2 pounds



Directions

1. In a large stockpot, melt butter over medium low heat. After melting, add onions, parsley and garlic. Stir occasionally and slowly until the onions become tender and soft.
2. Add the stewed tomatoes to the stockpot. While adding the tomatoes, break them into chunks. Pour the chicken broth then add the bay leaves, thyme, basil, oregano, wine and water. Mix thoroughly then cover the stockpot. Simmer for about 30 minutes.
3. Add all the seafood ingredients (shrimps, scallops, mussels, and crabmeat). If desired, fish can be added to the soup. Boil over low heat and cover the pot. Simmer for 5 to 7 minutes or until the clams open. Serve while hot. Pair with crusty bread.

CONCLUSION: IS THE MEDITERRANEAN DIET FOR YOU?



Absolutely Yes!

First the Mediterranean Diet is not a “Diet”... It’s a 360° lifestyle change.

It has been clearly verified a strictly correlation between the Mediterranean Diet and Healthy Living.

As each things of life, follow it in moderation. This diet has an higher number of calories and if You’re diabetic You should lower Your carbohydrates intake.

Organic foods are a great alternative to processed foods.

Your main purpose should be health...Do not loose weight fast, but maintain an healthy lifestyle by eating fresh and seasonal foods, do a moderate activity like walking 30 minutes a day and try to avoid stress (i.e. Have You ever thought of a Mediterranean Cruise?)

And last but but least, what’s better than a real life example? My grandmother “Rosina” follows the Mediterranean Diet (she does not know this cause it’s her normal lifestyle) ...and she is 100!!

ABOUT MEDITERRANEAN BOOK ASSOCIATION

The National Board for Preserving the Italian Healthy Eating Traditions (www.mediterraneanbook.com) was formed in 2004 in Italy and introduced an online educational program for all nutritionists and consumers working in the field, as well as establishing an introductory training course curriculum standard for those desiring to enter the field.

As a certified HONcode standard for trustworthy health site, our association feels very strongly about having properly trained and informed consumers on duty in all healthy eating medicine disciplines and we are working very hard at making sure that we have the very best informed nutritionists in the healthy eating field.

Our goal is to make the specialty of Mediterranean Style Nutrition one of the most respected and sought after specialties in existence.



REFERENCES: MEDICAL RESEARCH

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<http://www.medscape.com/>

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THANK YOU FOR YOUR ATTENTION