

Mediterranean Diet Foods

The remarkable health of the people from the Mediterranean region has always been a wonder to researchers. The people in the Mediterranean region are known to have a very active life style. Of course physical activities is essential for good health, but good health is based on food habits as well. In other words, the Mediterranean diet is a healthy diet rich in plant food; especially grains, cereals, vegetables, fruit, nuts, legumes and olives. All ensure good health with less chance to develop heart disease. The Mediterranean diet includes all kinds of foods that are recommended on a normal, low to moderate basis. This method is explained on the traditional Mediterranean diet pyramid. The pyramid has classified various foods depending on their nutritional and lists whether a food is to be eaten daily, a few days a week or a few times a month. The food consumed on a day-to-day basis contains cereals, vegetables, bread, beans, potatoes, leafy vegetables and other plant products. Interestingly, nuts rich in essential fatty acids, vitamins and minerals are also included in the daily diet. The diet does not encourage too much processing of food, as it can deprive the nutritious value of the food. For instance, over cooked vegetables are only good as roughage(it contains fibers), as it loses essential vitamins in the cooking process. The food is cooked, garnished or dressed in olive oil, a rich source of low saturated fat. It is consumed moderately and is known to play a vital role in preventing heart diseases. Milk and milk products such as cheese and yogurt are consumed daily on a low to moderate amount. But butter, high in saturated fat is a total no-no in the Mediterranean diet's recommended food list. Wine is allowed daily on a moderate basis. Food from animals especially chicken, eggs, and seafood are allowed weekly on the Mediterranean diet. For instance, eggs are consumed four days a week. But red meat, high in saturated fat, is a part of the diet only few times a month. The diet recommends veal and lamb to beef because the fat content is comparatively lower than in beef. The meat is cleaned of visible fat and is often roasted or grilled. Sweets and desserts are also a part of the weekly diet. The most preferred dessert is fruit. In summary, food in the Mediterranean diet provides fibers(from mainly vegetables and fruit), good fat(olive oil), nutrition, vitamins, minerals, proteins, and essential acids, necessary for a human body to stay fit evading heart diseases and cancers.

About the Author

The Physicians Committee for Responsible Medicine. Find answers about vegetarian diets and protein, milk, eggs, athletic performance, essential.

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