



Mediterranean Diet



Overview

People at risk for things like diabetes and heart disease may want to look at the Mediterranean diet. What is it, exactly? Well, this diet is modeled after the eating habits of people in Italy, Spain and the Mediterranean region. It's less focused on meat and carbs, and more focused on vegetables and fish. And it has some real health benefits. Let's take a moment to learn more.

What you can eat

On this diet, you'll eat plant-based meals that include plenty of whole grains and fresh fruits and vegetables. You'll eat nuts and legumes. You'll have lean proteins such as fish and seafood and small amounts of lean meat and chicken, dairy and eggs. And you'll cook with olive oil.

What to limit or avoid

With the Mediterranean diet, you also need to limit or avoid some things. These include red meat, butter and processed and fried foods. You'll stay away from a lot of sauces and gravies. You also need to cut back on sugar. So you'll largely steer clear of things like sugar-sweetened sodas, juice and desserts.

Conclusion

The Mediterranean diet lowers your risk for heart disease and certain types of cancer. It can stabilize your blood sugar. It can lower your level of cholesterol, and your level of triglycerides. That's a type of bad fat we find in your blood. And, as part of your overall health plan, you also need to get regular exercise. Your doctor will help you choose activities and set goals that are right for you.