

## MEDITERRANEAN DIET

Reduces the risk of heart attack and stroke by 30%  
- New England Journal of Medicine 2013



- Use **olive oil** liberally -- up to **one** litre/person/week is allowed!
- Consume at least **two** daily large servings of **vegetables / salads**. Aim for a volume of around **five** cups a day equivalent
- Eat **two** or **three** daily serving of **fresh fruits** (do not have fruit juices)
- Consume at least **three** weekly servings of **legumes** -- beans, chickpeas, lentils etc.
- Consume at least **three** weekly servings of **fish** (with at least one serving of fatty fish e.g. salmon, tuna, sardines, mackerel, trout)
- Have **nuts and seeds** at least **once** a week -- before mid-afternoon to avoid weight gain
- Select **white meats** (chicken, turkey breast without skin or pork) instead of red meats or processed meats such as burgers and sausages



### As much as you want of:

- Nuts (raw and unsalted) -- avoid after mid afternoon
- Eggs
- Low fat cheese
- Chocolate (only > 50% cocoa)
- Whole grain cereals e.g. multigrain bread, brown rice, whole-wheat pasta

### Don't eat:

- Bakery products (cakes, donuts etc.)
- Butter
- Carbonated and/or sugared drinks including fruit juices (unless you make them yourself!
- Cheese (cured or fatty)
- Cold meats, bacon, chops, lamb, cured ham
- Cream
- Desserts (puddings, custards etc.)
- Duck
- French fries, chips, crisps, potato chips
- Pastries
- Pate
- **Red meat more than once a week**

### Alcohol consumption:

- For women -- 100 mls wine per day equivalent
- For men -- 150 mls wine per day equivalent