

Mediterranean Diet: A Healthy Choice

Felicia Natiello*

Freelance, Italy

***Corresponding Author:** Felicia Natiello, Freelance, Italy.

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It's note that the population living around Mediterranean Sea live longer and with a low incidence of cancer and cardiovascular disease. Many studies have been made on the Mediterranean Diet started from Seven Countries Study conducted by Ancel Keys in the 60s. Since then the Mediterranean Diet has been widely studied as a model of healthy eating associated with a significant nutritional and health benefits. The experts have pointed out that Mediterranean Diet is the best diet for weight-loss, brain and heart health, cancer prevention and diabetes prevention and control. There is not one single Mediterranean Diet but each country (Italy, Sud of France, Greece, Creta, Spain, Portugal) has her own. Today the term "Mediterranean Diet" means healthful habits from different countries.

The notion of the Mediterranean Diet has undergone a progressive evolution over the past 60 years from a healthy dietary pattern in which nutrition, food, culture, people, environment and sustainability all interact into a new model of a sustainable diet.

As we know from a recent Mediterranean Diet pyramid on the basis we find an active life (ex. walking, exercising, dancing) and a consumer friendly (let's takes time for eating relaxed with family and friends!)

Now I would like to explain how you can manage a Mediterranean menu.

Note: You must change choice on the week!

Let's start!

Breakfast

1. Cappuccino with whole bread and marmalade, fresh fruit.
2. Plain yogurt with fresh fruit and dried fruit (ex. nuts, pistachios, almonds etc.) and seeds (ex. pumpkin seeds, flax seeds etc).

Snack

1. Fresh fruit
2. Dried fruit

Lunch

1. Whole meal pasta with fresh tomato sauce, basil and extra olive oil.
2. Whole meal pasta with pesto (Italian sauce with basil, garlic, parmesan cheese, pine nuts and olive oil).
3. Whole meal pasta with vegetables (ex. broccoli, cauliflower, zucchini, eggplant), onion/garlic and extra olive oil.
4. Whole meal pasta with legumes, garlic and extra olive oil.
5. Whole meal pasta with fish (ex. sardine, clams), parsley, garlic and extra olive oil.

Snack

1. Fresh fruit
2. Dried fruit

Dinner

1. Poultry with fresh salad, lemon juice and extra olive oil.
2. Fresh fish with fresh salad, lemon juice and extra olive oil.
3. Fresh soup with legumes, vegetables, garlic and extra olive oil.
4. Omelette with spinach/zucchini and fresh salad, lemon juice and extra olive oil.
5. Whole cereal salad with legumes, fresh tomatoes, carrot, cucumber and extra olive oil.

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