



CULTURE OF WELLNESS FEATURE

The Mediterranean Diet

Fad diets such as Atkins or Paleo have been debated by health and fitness professionals around the world for years. But one diet has stood against the test of time: the Mediterranean Diet. Research has connected a Mediterranean diet to reduced risk of certain types of cancers as well as a lower risk of heart disease, the number one killer in America today. The key components of this diet include consuming large amounts of fruits,



vegetables, legumes and whole grains and reduced amounts red meat, dairy and sweets. People who live by these standards include vegetables as the center of almost every meal, and consume grains and seafood regularly to help keep full and add protein and fiber. Another keystone of this diet is the replacement of butter or margarine with olive oil; this increases the "good fats" in your diet and replaces the saturated fats and processed trans fats often found in

butter and margarine. An additional component of the Mediterranean lifestyle that may boast health benefits is a glass of red wine with dinner. Red wine has numerous antioxidant properties and, when consumed in moderation, can have heart health benefits. Overall, the Mediterranean diet's plethora of fiber- and nutrient-rich foods can help you control your weight, reduce your risk of cancer and heart disease, and keep your body running optimally for an enhanced quality of life.

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