MEDITERRANEAN DIET
BENEFITS AND GUIDELINES

WHAT IS A MEDITERRANEAN DIET?

- A flexible, balanced eating pattern inspired by 21 Mediterranean countries
- Focuses on fresh, seasonal, minimally processed foods
- Includes fruits, vegetables, whole grains, legumes, nuts, seeds, olive oil
- Moderate fish, poultry, eggs, dairy; limited red meat and sweets

HEALTH BENEFITS

- Reduces risk of heart disease, Type 2 diabetes, and cancer
- Linked to longer life and improved overall well-being
- Supports brain health and lowers inflammation

WHAT TO EAT & HOW OFTEN

- **Every Meal:** Vegetables, fruits, whole grains, olive oil
- **Daily:** Nuts, seeds, herbs, dairy
- **Weekly:** Fish, legumes, poultry, eggs, potatoes
- **Occasionally:** Red meat, sweets, processed meats

LIFESTYLE PRINCIPLES

- Be physically active
- Drink water and rest well
- Limit processed foods & eat seasonal produce
- Enjoy meals with others and build community

TREATMENT AND MANAGEMENT

- Helps manage obesity, diabetes, and cardiovascular conditions
- Encourages sustainable, long-term health habits
- Consult your provider for personalized guidance

HOWDY HEALTH

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https://howdyhealth.tamu.edu/mediterranean-diet-benefits-and-guidelines/