

Utica Public Library
Health Spotlight
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Meats & Sweets

Poultry, eggs, cheese and yogurt

Fish and Seafood

Fruits, vegetables, grains (mostly whole), olive oil, beans, nuts, legums, seeds, herbs & spices.

What is the Mediterranean Diet?

It is a whole food centered diet that incorporates the culinary traditions of countries bordering the Mediterranean Sea.

What are its potential health benefits?

According to the Mayo Clinic "...a recent analysis of more than 1.5 million healthy adults demonstrated that following a Mediterranean diet was associated with a reduced risk of overall and cardiovascular mortality, a reduced incidence of cancer and cancer mortality, and a reduced incidence of Parkinson's and Alzheimer's diseases." (Mayo Clinic Staff, 2010)



Key Features of the Mediterranean Diet



Vegetable, Fruit and Whole Grains: These powerhouses of vitamins and minerals also provide the body with quality sources of antioxidants to protect our cells from damage.



Healthy Fats: With its concentration on nuts, beans, seeds and seafood the Mediterranean diet is rich in monounsaturated and polyunsaturated fats which are central to the functioning of the entire body. This is in contrast to the typical American diet that often contains too much saturated fat at the expense of other types.



Healthy Seasonings: By using oils, herbs and spices instead of salt, flavor can be added without compromising health benefits. For example, research suggests olive oil (which is used frequently in the Mediterranean diet) can play a role in reducing inflammation. (Kovacs, 2007)

Sources:

Kovacs, Jenny Stamos (2007). Popular Diets of the World: The Mediterranean Diet. WebMD.com Retrieved from: <http://www.webmd.com/diet/features/the-mediterranean-diet>

Mayo Clinic Staff (2010). Mediterranean Diet: Choose this heart-healthy option. MayoClinic.com Retrieved from: <http://www.mayoclinic.com/health/mediterranean-diet/CLO001>

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