

## THE MEDITERRANEAN DIET

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### [How to Start the Mediterranean Diet - Health](#)

Fresh, nonstarchy produce is the star of this diet. Eat 5 to 10 servings a day (a half-cup cooked or 1 cup raw equals one serving). Eat 5 to 10 servings a day (a half-cup cooked or 1 cup raw

### [Mediterranean diet for heart health - Mayo Clinic](#)

Mediterranean diet: A heart-healthy eating plan. The heart-healthy Mediterranean diet is a healthy eating plan based on typical foods and recipes of Mediterranean-style cooking.

### [What is the Mediterranean Diet? - Cooking Light](#)

You may be familiar with the Mediterranean diet pyramid, but do you understand the science behind it? Full of diverse plant-based foods, healthy fats, whole grains, and yes the occasional glass of red wine the Mediterranean diet is widely embraced by top medical professionals and experts.

### [8 Ways to Follow the Mediterranean Diet for Better Health ...](#)

Perhaps the world's healthiest diet, the Mediterranean Diet is abundant in fruits, vegetables, whole grains, legumes and olive oil. It features fish and poultry lean sources of protein over red meat.

### [Mediterranean Diet 101: A Meal Plan and Beginner's Guide](#)

The Mediterranean diet is based on the traditional foods that people used to eat in countries like Italy and Greece back in 1960. Researchers noted that these people were exceptionally healthy.

### [Mediterranean Diet Recipes - Allrecipes.com](#)

Mediterranean Diet Recipes Find recipes that fit the Mediterranean diet, using lots of olive oil, fresh fruit and veggies, beans, and fish.

### [15 Best Foods to Eat from The Mediterranean Diet | Eat ...](#)

From Paleo to juicing to vegan, "diet" is not exactly a new word to the English language. But the food groups listed on the Mediterranean diet have us thinking this could be the ultimate answer if you're looking for a heart-healthy plan to shed the pounds and keep them off.

### [8 Health Benefits of the Mediterranean Diet - Dr. Axe](#)

The Mediterranean diet has gained some traction and for good reason. It can help you live a longer, healthier life, along with other health benefits. It can help you live a longer, healthier life, along with other health benefits.