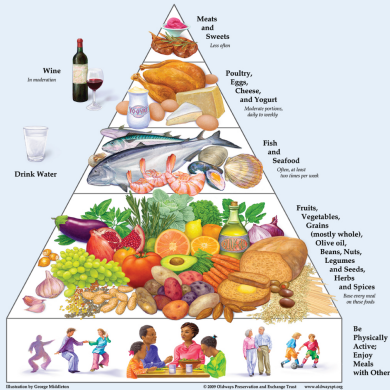


WELCOME TO THE MEDITERRANEAN DIET



The Mediterranean Diet

- Reflects a way of eating that is traditional in the countries that surround the Mediterranean, such as Greece, Italy, Spain, and Turkey
- Has more than 5 decades of epidemiological and clinical research supporting its benefits
- Features plant foods like vegetables, fruits, whole grains, legumes, nuts, seeds, and olive oil at every meal, and also contains moderate amounts of seafood, wine, and traditionally-produced cheeses and yogurts
- Is as delicious as it is nutritious, proving that good taste and good health go hand-in-hand

HEALTH BENEFITS ACROSS THE LIFE CYCLE EATING A MEDITERRANEAN DIET IS LINKED WITH....

Lower risk of child asthma and wheeze



Lower odds of having ADHD in kids

Improved odds of a successful pregnancy with IVF in women



30% lower risk of heart disease, and significantly lower risk of stroke in high-risk patients

Significantly less plaque buildup in arteries



Less need for multiple medications

Improvement in silent reflux (just as effective as medication)



Lower risk of high blood pressure, unhealthy cholesterol levels, and diabetes

38% lower risk of frailty in older adults (60+)



Improved cognitive performance—particularly memory—and lower dementia rates

OTHER BENEFITS OF THE MEDITERRANEAN DIET

Shifting to a Mediterranean diet could cut...



greenhouse gas emissions by up to

72%

land use by up to

58%

energy consumption by up to

52%

water use by up to

33%

Choosing a plant-based diet with olive oil, instead of a budget MyPlate diet, could

save **\$746.46** per person per year



and provide vastly more servings of vegetables, fruits, and whole grains.

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