



Guide to
**HEALTHY
MEDITERRANEAN DIET
BODIMATRIX**

GUIDE TO A HEALTHY MEDITERRANEAN DIET

INTRODUCTION

For years, medical experts have observed and confirmed that residents of Mediterranean countries have much lower cases of obesity, cancer, diabetes, and cardiovascular diseases than people in the United States and other European countries. After much observation and research, scientists have traced this phenomenon to their diet difference.

Now, this guide helps you to understand the Mediterranean Diet, how to start following the diet, its health benefits, how to follow the diet while eating out, and some traditional Mediterranean foods to try.

CHAPTER 1

WHAT IS THE MEDITERRANEAN DIET

The general perception is that people that live in countries that border the Mediterranean Sea live longer than others, and they have less occurrence of cardiovascular ailments and cancer. The not-so-surprising secret about this is their lifestyle and diet that includes low saturated fat, sugar, red meat, a high intake of nuts, and other healthy meals.

But it's not right to think that there is “a” Mediterranean diet since Italians eat differently from the French, who eat differently from Spanish and Greeks. However, their nutrient pattern and principle are very similar.

A true Mediterranean diet is based on traditional fruits, beans, dairy, seafood, nuts, and olive oil that are found in the region, combined with a glass a wine. This was the pattern of the feeding of Greeks and other Mediterranean countries that made their life expectancy rate one of the highest in the world, even with a limited supply of medical services.

As you've probably heard, the Mediterranean Diet offers a host of benefits, which includes cancer prevention, diabetes control and prevention, weight loss, heart, and brain health. By adhering to the content of this eBook, you could reduce your weight and maintain a healthy body. We'll discuss more on the health benefits in a subsequent section.



CHAPTER 2

SWITCHING TO A MEDITERRANEAN DIET

STEP 1: REPLACE MARGARINE AND BUTTER WITH HEALTHY FATS LIKE OLIVE OIL

Olive oil has a substantial amount of omega-3 fatty acids and monounsaturated fats. But if it's getting somewhat boring, you can spice things up a little by adding balsamic vinegar to introduce quality extra virgin oil. You can dip bread into the mixture to enjoy its delicious taste. This mixture can be transformed into a salad dressing by adding a sweetener like honey. Olive oil is also a great baking and cooking ingredient.



STEP 2: OPT FOR HEALTHIER SOURCES OF PROTEIN

Dump red meat and opt for leaner protein versions like turkey and chicken. Other healthier protein sources include nuts, beans, legumes, and other plants. The aim of limiting the consumption of red meat is to prevent a build-up of saturated fat in the body system.

You don't have to make a sudden lifestyle change; you can make it gradual by incorporating small changes daily/weekly.

It's possible that you'll crave your steaks or other red meats; it's cool to spoil yourself occasionally, so you can have them.





3. GO FOR VEGETABLES

Have a goal to eat a minimum of three to eight servings of vegetables daily. Make efforts to consume different types of vegetables as that'll help you get essential nutrients that might be absent in one. Vegetables have a high concentration of antioxidants, which prevents the formation of free radicals. You should favor green salad when making your vegetable meal, as it's the best to derive a high variety of nutrients from.

4. GO FOR WHOLE-GRAIN PASTA, RICE, AND BREAD

Grains have a high amount of fiber and can keep your stomach full for a more prolonged period. It's a good staple for individuals aiming for weight reduction.

5. CONSUME MORE NUTS

Nuts have a high amount of phytochemicals, minerals, and vitamins that are very beneficial to your health. Nuts contain unsaturated fats that are known to be effective in preventing heart diseases.

Nutritionists recommend that an average person should consume a handful of nuts daily. It's best eaten in their natural forms, and you should stay away from sugar-coated or chocolate-coated ones because they cause more harm than good.



6. SNACK ON FRUITS

It's healthier to eat fruits over processed snacks as snacks gradually build harmful toxins in our body system.

Fruits are an essential source of minerals and vitamins, and they have a high concentration of fiber. They also have varieties of health-boosting flavonoids and antioxidants.



7. USE SPICES AND FRESH HERBS

Replace salt as flavorings with spices and fresh herbs that will give your dishes a unique blend of aromas and introduce a more delicious taste to your food. Just a small quantity will make your food tastier and healthier.



CHAPTER 3

HEALTH BENEFITS OF THE MEDITERRANEAN DIET

The Mediterranean diet is a diet that is very popular for its health benefits. A publication by the U.S. News & World Report ranked the Mediterranean diet as the best diet in its top 41 diets. It ranked high on that list mainly because of its health benefits. But what makes the Mediterranean Diet so treasured? Let's take a dive into that right away.

1. IT REDUCES THE RISK OF GETTING A CARDIOVASCULAR DISEASE

This is probably one of its most popular benefits. But it's not just a rumor; there are actually scientific proofs backing that up.

One such evidence is a randomized clinical trial known as the PREDIMED study that was published in 2013. The research studied 7,000 men and women that had a high risk for cardiovascular disease or Type-2 diabetes in Spain, and it showed that individuals that predominantly ate the Mediterranean diet have a 30% lower risk of having a heart event. This has been traced to the high quantity of omega-3s from olive oil, nuts, and seafood.





2. IT BOOSTS COGNITIVE FUNCTION

The healthy fats that your body gets from the Mediterranean diet are good for the proper functioning of your brain. Research carried on 1,864 participants shows that individuals that follow a strict Mediterranean diet are less likely to have Alzheimer's disease or have any sort of reduction in cognitive ability in old age. As a matter of fact, it is proven that there's a direct correlation between high consumption of fish and a reduced chance of Alzheimer's disease.

3. IT HELPS TO CURE ANXIETY AND DEPRESSIONS

Some medical experts use healthy fats and a diet rich in vegetables as a part of treatment for anxiety and depression.

Carotenoids that are present on the Mediterranean diet can increase the presence of good bacteria in your gut, which can brighten your mood.

A study also showed that adults that adhere strictly to the Mediterranean diet have a lesser chance of experiencing depression than those who don't.



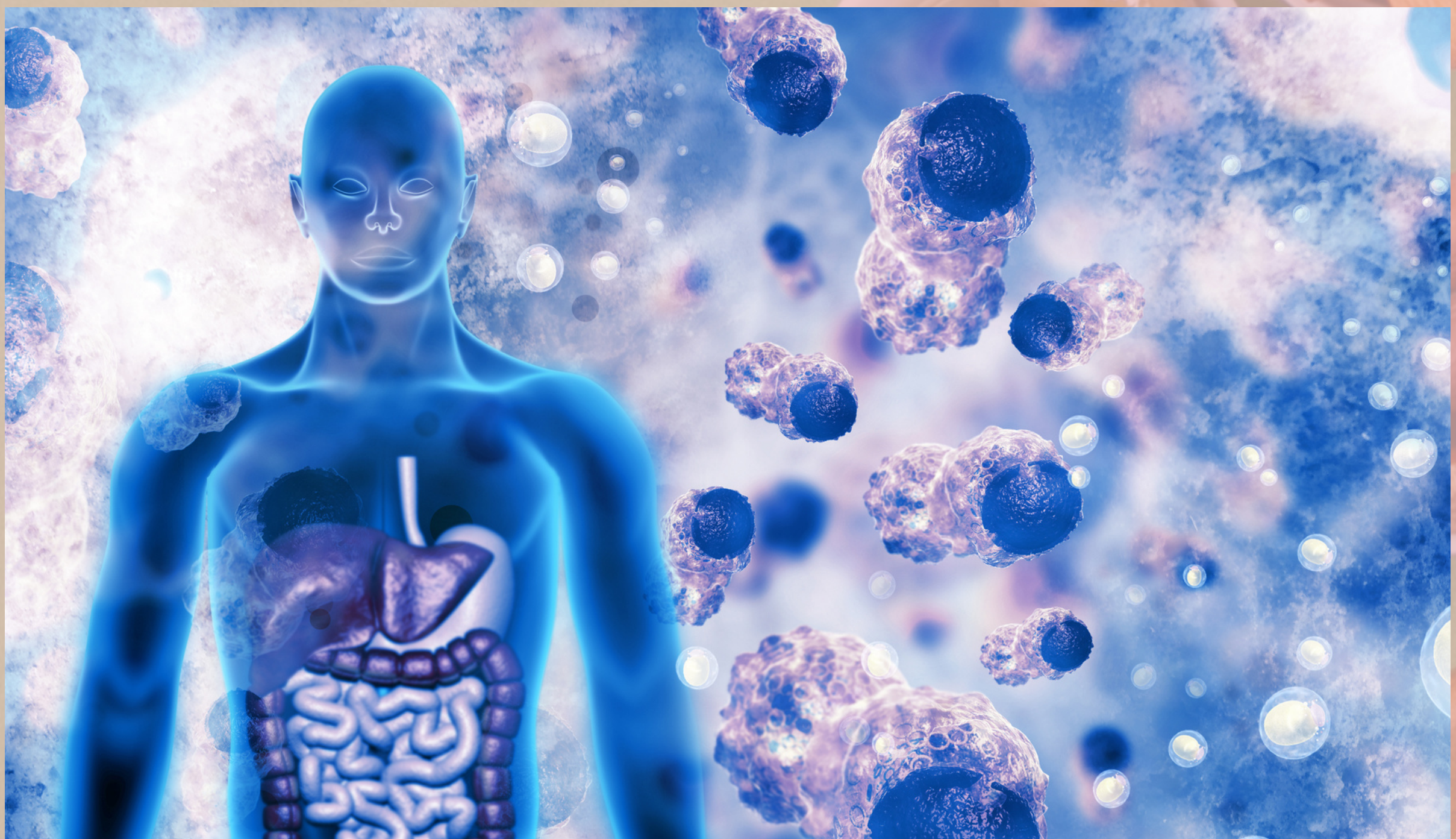


4. IT STABILIZES BLOOD SUGAR

The Mediterranean Diet is big on whole grains and other healthy carbs—which has its advantages. If you form a habit of eating complex whole-grain carbohydrates such as quinoa, wheat berries, and buckwheat, rather than processed carbohydrates, your blood sugar will always be at a healthy level.

5. IT REDUCES THE CHANCES OF FORMATION OF CANCER CELLS

Researchers took a look at combined studies on 2 million people; they discovered that the Mediterranean Diet could reduce the formation of cancer—especially gastric cancer, colon cancer, and breast cancer.



6. IT HELPS IN WEIGHT MANAGEMENT

The Mediterranean Diet is helpful in managing fullness because of its high amount of fiber. The fiber in the diet makes you feel satiated, which can help to increase metabolism and weight loss. You just have to replace the simple carbohydrates in your diet with beans, legumes, vegetables, and fibrous fruits.

7. IT HAS SPECIAL BENEFITS FOR POST-MENOPAUSAL WOMEN

A small but promising study has shown that the Mediterranean diet could keep the bones of post-menopausal women stronger as they grow older.



8. IT'S GOOD FOR YOUR GUT

A scientific study on people that ate the Mediterranean Diet for a prolonged period shows that they had more population of good bacteria in their body than those on a western diet. Scientists have also discovered that eating plant-based foods such as legumes, fruits, and vegetables can increase good bacteria in your gut by 7%.

9. IT'S LINKED TO LONGEVITY

As if those health benefits aren't advantageous enough, a strict Mediterranean Diet is believed to make people live longer—this is due to the aforementioned improvement in cardiovascular health.



RISKS

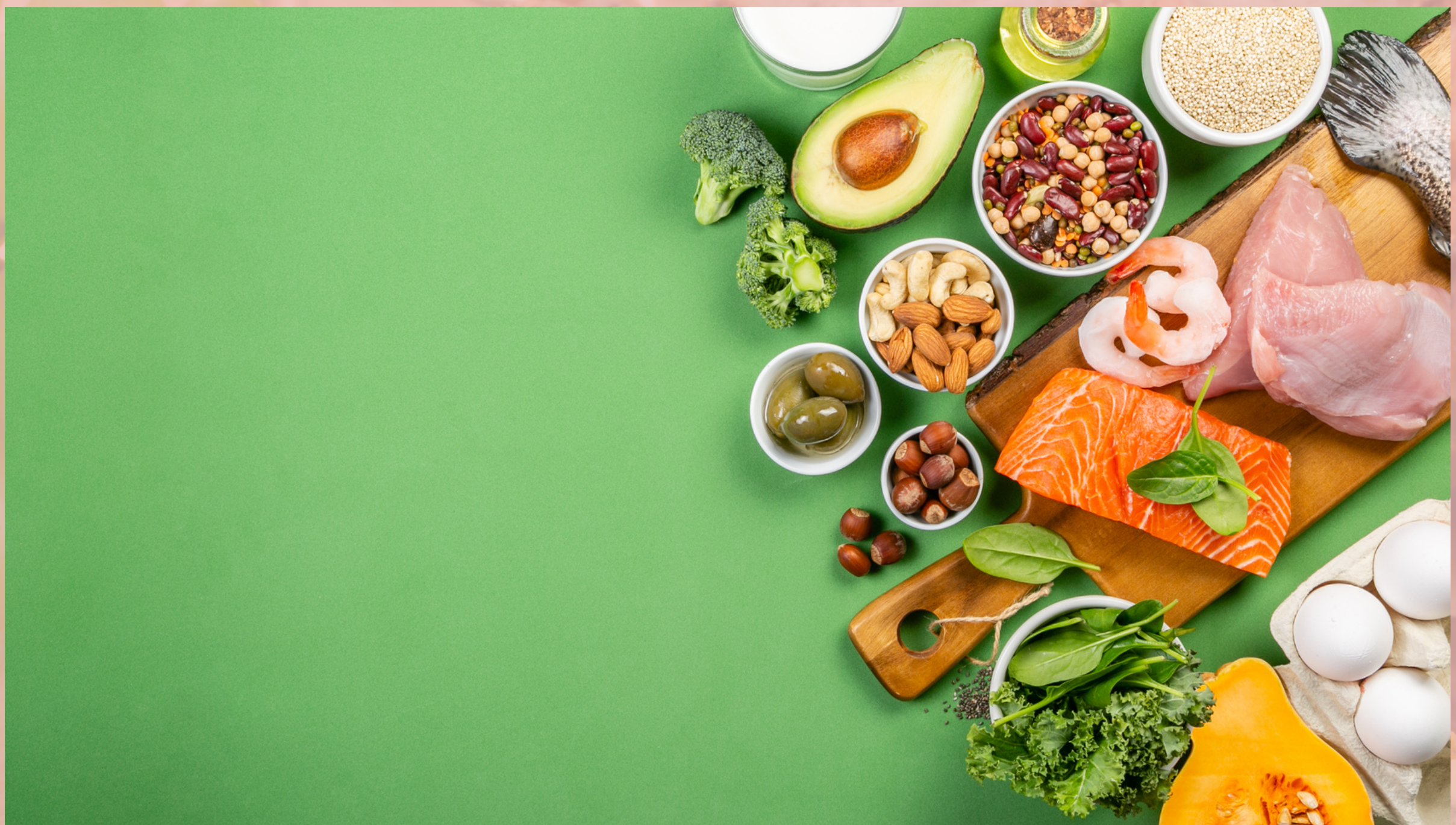
There aren't many caveats to following a strict Mediterranean Diet, and it has an easy-to-follow regimen and numerous health benefits. However, you should be mindful of mercury as you increase your seafood intake. As a precautionary move, you should opt for low mercury options like salmon, catfish, tuna, and shrimp over mackerel and swordfish.

CHAPTER 4

TIPS ON EATING-OUT ON A MEDITERRANEAN DIET

If you're often on a busy schedule, then the chances are high that you'll end up eating-out numerous times. But is it possible to eat out and adhere to the Mediterranean Diet? Yes, it's possible. Albeit, somewhat tricky.

Here are great tips for eating out on a strict Mediterranean Diet.



1. OPT FOR A VEGETARIAN ENTRÉE

Although this is not your sole option, it places you right in the middle of the Mediterranean Diet recommendations. Quite often, vegetarian entrees have plenty of veggies, a source of protein that's plant-based, and starch or grain. That should check your Mediterranean Diet boxes.



2. CHOOSE BASED ON YOUR OVERALL DIET

How often do you eat out? If you only eat out a few times a month, then your restaurant choice won't have much effect on your diet plan. But if you frequently eat out, you need to be intentional about your choices as they'll make up a significant portion of your monthly food intake.



3. WINE IS A GREAT OPTION

Dry red wine has some heart-protective antioxidant benefits, but it should be consumed in moderation.

4. PLAN TO EAT HALF THE PLATE AT RESTAURANTS

Share with a friend or carry the rest home. Although you can take red meat sometimes, try and cut down the intake, especially if you regularly eat at restaurants.

5. DITCH THE OIL



CHAPTER 5

TRADITIONAL MEDITERRANEAN FOODS TO TRY

Looking for some great traditional Mediterranean food to try? This section has a host of very tasty meals that'll make you a foodie in no-time.

1. HORIÁTIKI SALATA (AUTHENTIC GREEK SALAD)



A bite at this delicious meal, and you'll ask yourself, "what have I been eating?" It's probably going to have one of the most flavorful, sweetest, deep red, and beefy tomatoes that you've ever tasted. Original Greek feta tastes nothing like the feta in other climes—the taste here is divine. Mediterranean tomatoes have plenty of juice, and the oil, feta, oregano, onion, and tomato juice would have made a very tasty mixture before you're done eating.

2. POTATO OMELET—SPAIN (TORTILLA ESPANOLA)



This is a simple Mediterranean meal with few ingredients. But what could be better than a mixture of mashed potatoes and onions that is fried with a high quantity of olive oil and egg? It is then spiced with pepper and salt. It is definitely a culinary dish try—what a rustic delicacy!



3. BAKED VEGETABLES IN OLIVE OIL (BRIAM)

Briam is a masterpiece for any diet watcher who wants tasty vegetables. It is made up of oven-baking fresh vegetables, olive oil, and herbs. You can throw in an optional feta cheese to make it tastier.

4. LEBANESE BULGUR AND PARSLEY SALAD (TABOULI)

Here is one of the most refreshing Mediterranean diets out there. It's a healthy summer food that will calm your nerves. The major ingredient is fresh parsley—which gives it a dark green look. Bulgur is used as whole wheat, and an array of freshly chopped tomatoes are added to give it a better taste.



5. GRILLED SWORDFISH WITH LEMON PARSLEY TOPPING

Here's a Greek delicacy that doesn't just look good, but tastes good. It's also easy to grill because it doesn't fall apart in the process. Swordfish tastes delicious even if you overcook it a bit. It grills similarly to a steak than most fishes. Swordfish is a good protein source and a perfect source of a daily dose of vitamin D.



CHAPTER 6

A 7 DAYS MEDITERRANEAN FOOD SAMPLE

In this section is a 7-day Mediterranean diet; You may adjust choices and portions to your preference and your nutrient needs.

Monday

- Breakfast: Greek yogurt mixed with oats and strawberries.
- Lunch: Sandwich (Whole-grain) with vegetables.
- Dinner: Tuna salad that's dressed in olive oil
- Dessert: Any type of fruit.

Tuesday

- Breakfast: A combination of oatmeal and raisins
- Lunch: A leftover of the tuna salad you ate the previous night.
- Dinner: Salad and tomatoes, feta cheese, and olives.

Wednesday

- Breakfast: Omelet with tomatoes, veggies, and onions. You can top it with a piece of fruit
- Lunch: Whole-grain sandwich, with fresh vegetables and cheese.
- Dinner: Mediterranean lasagne

Thursday

- Breakfast: Yoghurt with nuts and sliced fruits
- Left: The leftover from the lasagna you ate the previous night
- Dinner: Brown rice and vegetable with broiled salmon

Friday

- Breakfast: Vegetable and egg that is fried in olive oil
- Lunch: Greek yogurt consumed with strawberries, nuts, and oats
- Dinner: Salad and baked potato with grilled lamb

Saturday

- Breakfast: Oatmeal, raisins, nut, and fruit—preferably apple
- Lunch: Sandwich (whole-grain) and vegetables
- Dinner: Pizza that's made with wheat and topped with olives, vegetables, and cheese

Sunday

- Breakfast: Omelet and veggies with olives
- Lunch: The remaining pizza from the previous night
- Dinner: Vegetables and potato with grilled chicken. You can take any fruit for dessert.

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*Thank
you!*