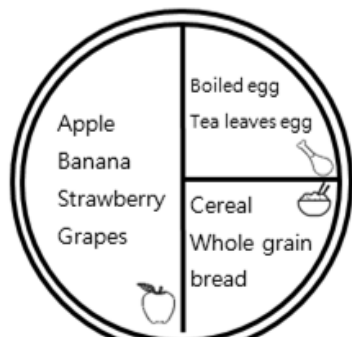


# Mediterranean Diet

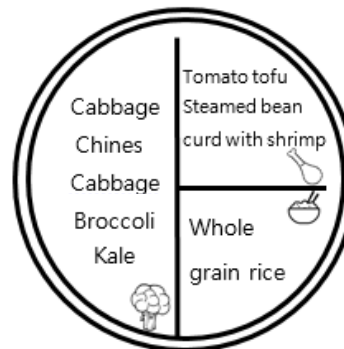
The Mediterranean diet is a healthy dietary pattern. It contains a large number of vegetables, fruits, whole grains, nuts and seeds, natural dairy products plus appropriate amounts of fish, eggs, poultry, a small amount of red meat and red wine, which can provide rich dietary fiber, vitamins and minerals. Furthermore, the Mediterranean diet is linked to a lower risk of Type 2 Diabetes, while the characteristics of Mediterranean diet, monounsaturated fats and polyunsaturated fats such as canola oil and nut oils are associated with decreased risk of heart attack and help moderate blood pressure. It is shown to be more effective than low-fat diet in controlling cardiovascular risk factors, including cholesterol and blood pressure.



Some typical Mediterranean foods



Breakfast



Dinner



- Edible oil
- Olive oil
- Mustard Seed Oil
- Peanut Oil
- Sesame oil



Lunch



Snack



## Tips:

- choose steam cooking method to retain more nutrients. (Add approximately 10 ml of water to the pot, boil the vegetables then stir-fry it in a normal way without adding oil, finally cover for few minutes.)
- Seasoning cooking oils, like olive oil, mustard seed oil, peanut oil and sesame oil, can be used for flavoring, because cooking at high temperatures can affect the quality of oil.
- Season with spices, onions, garlic, ginger instead of salt. Some spices can against inflammation, stabilize blood sugar, resist oxidation, and enhances the flavor of food without oil, salt and calorie burdens.
- Soak beans in water for more than 8 hours before cooking to germinate to remove the difficult-to-digest impurities such as Lectin, or cook beans in a pressure cooker.
- Use vinegar as seasoning to increase flavor, help for digestion and prolong satiety.



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