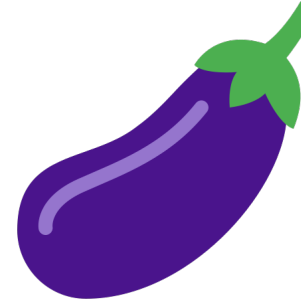
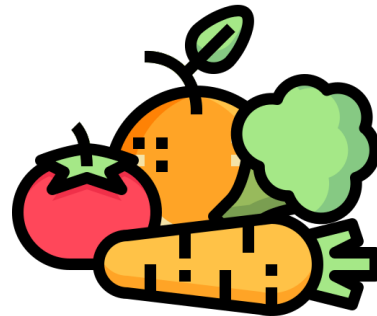
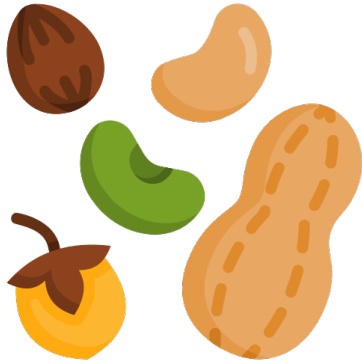


THE MEDITERRANEAN DIET

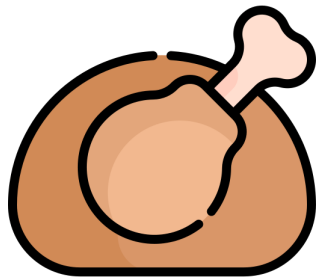
- High consumption of beans, nuts, cereals (in the form of wheat, oats, barley, corn or brown rice) and seeds



- Lots of plant foods



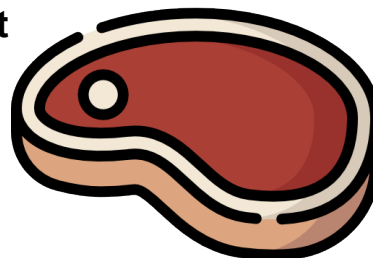
- Moderate amounts of fish and poultry



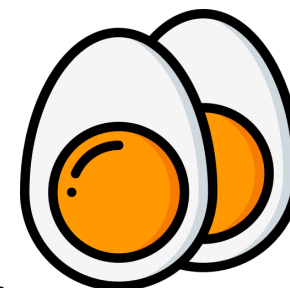
- 25% to 35% of calorie intake consists of fat



- Small amounts of red meat each week (compared to northern Europe)



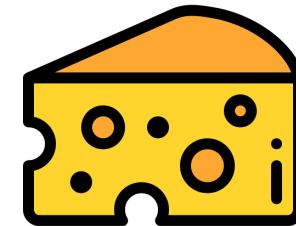
- No more than about four eggs each week



- Olive oil as the main source of dietary fat



- Cheese and yogurt as the main dairy foods



- Using herbs and spices instead of salt to flavor foods



- Fresh fruit as dessert

