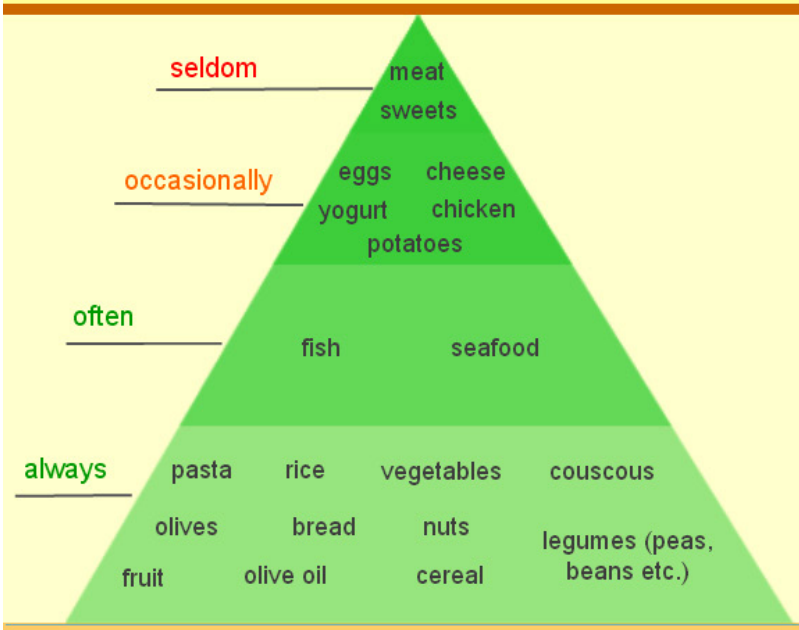
THE MEDITERRANEAN DIET

The Mediterranean Diet

WHAT IS IT?



HOW TO FOLLOW IT

The Mediterranean diet follows the original eating habits of Greece, Southern Italy, Spain and Morocco. It is a plant-based diet that recommends you always make every meal with food from the main group that contains vegetables, bread, rice etc. Other recommendations are: eat fish and seafood at least twice a week. Eat chicken and potatoes once a week. Restrict dairy products, which include eggs and yogurt, to once a week. Don't eat sweet things with processed sugar very often - eat natural sugar. For example, you can eat fruit for dessert instead of cakes. Eat red meat twice a month - this includes beef, lamb and pork.

WATER

Drink between 6 and 8 glasses of water a day.
Drink more in hot weather.

Do regular exercise. Go on long walks. Go jogging, cycling or swimming for 30 minutes every day.

Use herbs and spices to flavour your meals - not salt.

Snacks - eat fruit, dried fruit and unsalted nuts - not sweets, cakes and biscuits.

Use olive oil instead of butter.

Piktochart

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