

# THE MEDITERRANEAN DIET PYRAMID

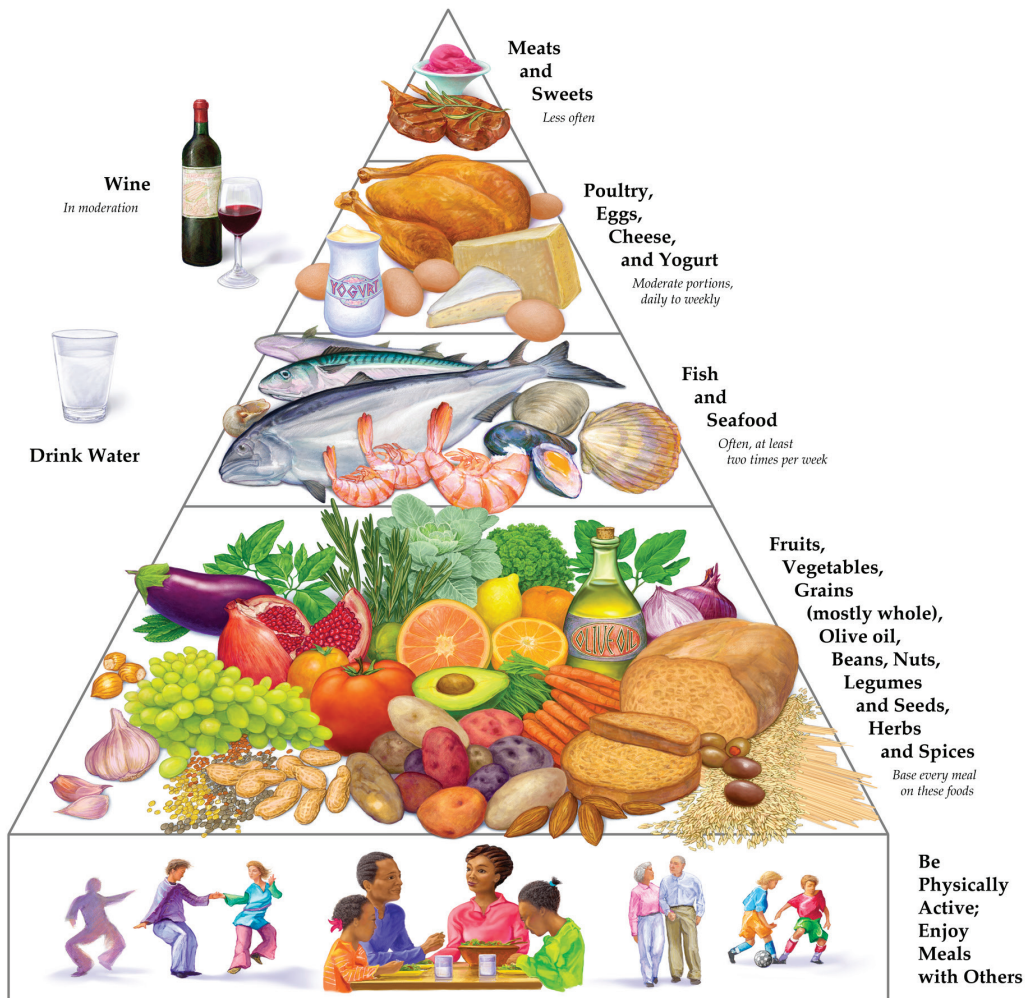


Illustration by George Middleton

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The Mediterranean diet pyramid was developed based on the eating habits of long-living adults in the Mediterranean. It follows a general food pyramid guideline (not specific quantities) and encourages communal eating and an active lifestyle.

It is associated with:

- Reduced risk of memory problems and dementia<sup>1</sup>
- Reduced risk of stroke, diabetes, and other vascular diseases<sup>2</sup>

## Base every meal around:

- Vegetables and fruits (the darker in color, the more anti-oxidants!)
- Legumes/beans, whole grains, nuts (e.g., lentils, walnuts)
- Olive oil as principal source of fat (swap out margarine and butter!)

## Eat at least 2x/week:

- Fish, seafood

## Eat moderate portions daily to weekly:

- Poultry
- Dairy, cheese and eggs
- Red wine (typically with meals)
  - ◆ Females: 1 glass/day
  - ◆ Males: 2 glasses/day

## Eat less often than other foods:

- Red meat
- Saturated fat
- Sweets

1 Feart, Catherine, et al. "Adherence to a Mediterranean diet, cognitive decline, and risk of dementia." *JAMA* 302.6 (2009): 638–648.

2 Psaltopoulou, Theodora, et al. "Mediterranean diet, stroke, cognitive impairment, and depression: a meta-analysis." *Annals of Neurology* 74.4 (2013): 580–591.

"Mediterranean-style diets linked to better brain function in older adults"

[www.sciencedaily.com/releases/2017/07/170725154208.htm](http://www.sciencedaily.com/releases/2017/07/170725154208.htm).

UNESCO Intangible Cultural Heritage "Mediterranean Diet"

[ich.unesco.org/en/RL/mediterranean-diet-00884](http://ich.unesco.org/en/RL/mediterranean-diet-00884).