



VESTNIK KIPRA PRESENTS



Secrets of the traditional Mediterranean Diet

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The Mediterranean Diet

- ❖ Studied for its health benefits for 50+ years
- ❖ Backed by organizations like the WHO and the American Heart Association



Image: Unsplash





Health benefits

Hundreds of studies have shown that the Mediterranean Diet...



...reduces risk of:

- ❖ heart disease
- ❖ high blood pressure
- ❖ 'bad' cholesterol
- ❖ diabetes
- ❖ Alzheimer's
- ❖ Parkinsons

...improves:

- ❖ brain function
- ❖ rheumatoid arthritis
- ❖ eye health
- ❖ body weight management

...promotes:

- ❖ longevity
 - ❖ defense against chronic diseases
 - ❖ better breathing
 - ❖ mental health
 - ❖ dental health
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Where to find the science

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CULTURAL FOOD TRADITIONS

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Helping People Live Healthier, Happier Lives

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BY KEYWORD

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BY TRADITIONAL DIET

- ☒ Mediterranean Diet
- ☐ African Heritage Diet
- ☐ Latin American Heritage Diet
- ☐ Asian Heritage Diet
- ☐ Vegetarian & Vegan Diet
- ☐ Traditional Diets, General

BY HEALTH FACTOR

- ☐ Abdominal / Visceral Fat
- ☐ Acne
- ☐ Aging
- ☐ Alzheimer's Disease
- ☐ Arthritis
- ☐ Asthma / Allergies

SEARCH RESULTS

MEDITERRANEAN DIET LINKED WITH 44% LOWER RISK OF HEART DISEASE

Prospective studies, which follow groups of people over long periods of time, help researchers to identify patterns for chronic diseases like heart disease that often appear later in life. In this prospective study, nearly 2,000 adults were followed for 20 years to see if their diet had any relationship with developing heart disease down the road. Those most closely following a Mediterranean diet were 44% less likely to develop cardiovascular disease during the 20-year study, even after adjusting for family history, smoking, physical activity, and other risk factors. The authors also suggested that inflammation and kidney function may play a role in this relationship.

Nutr Metab Cardiovasc Dis. 2024 Jan;34(1):153-166. doi: 10.1016/j.numecd.2023.09.019. (Georgoulis M et al.)

MEDITERRANEAN DIET IN PREGNANCY MAY IMPROVE NEURODEVELOPMENT IN CHILDREN

Lifestyle habits during pregnancy can support healthy growth and development for babies and children. To measure prenatal

<https://oldwayspt.org/health-studies>

So what is it...?

It's a window into

- ❖ a simple way of eating
- ❖ a lifestyle
- ❖ traditions and philosophy



Image: Unsplash

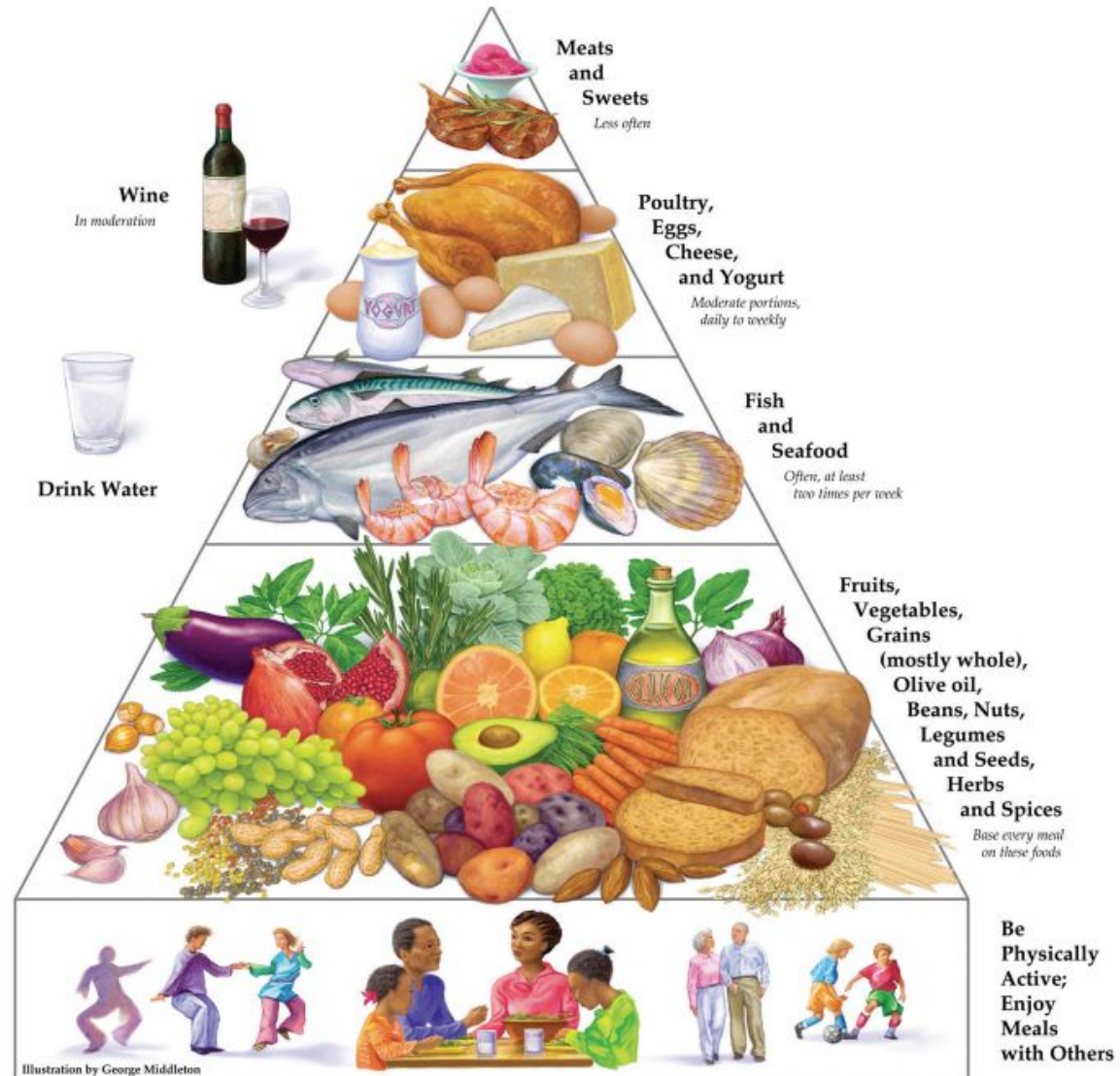
A simple way of eating



- ❖ Lots of fruit, vegetables, nuts, beans, grains, olive oil
- ❖ Moderate dairy, eggs, fish, poultry
- ❖ Limited red meat and sweets

Image: Unsplash

Mediterranean Diet Pyramid



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Created in 1993 by the nutrition nonprofit Oldways together with the Harvard School of Public Health, and the WHO

A lifestyle



Image: Unsplash

- ❖ Eating seasonal produce
- ❖ Enjoying the company of family and friends
- ❖ Talking, laughing, singing, dancing
- ❖ Exercise
- ❖ Enjoying nature





Traditions and philosophy



- ❖ Back to basics
- ❖ Eating in moderation
- ❖ Sharing

Image: Unsplash



UV protective food

Emerging research shows that there is one more method of suncare apart from sunscreen and protective clothing.

Antioxidant rich foods and food containing the vitamins lycopene and lutein provide UV protection.

- ❖ Tomatoes, leafy greens, carrots, cauliflower, watermelon, red oranges
- ❖ Nuts and Seeds



Image: Unsplash

Year-round healthy eating practices



A well balanced diet should become a long term habit and not just a seasonal trend.

Thank you!



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