



The Mediterranean Nutritionist

How to follow The Mediterranean Diet for better health and longevity

8 Dietary Commandments for The Mediterranean Diet

Key Concepts:

- The Mediterranean Diet is all about adding in delicious and healthy foods and cutting out the artery- clogging foods typically consumed in the West.
- Here are 8 basic tips for following the Mediterranean Diet:

8 Dietary Commandments:

1. No More Butter and Cream (Extra Virgin Olive Oil Is Your Main Fat)
2. No More Meat (Beef, Lamb Pork)
3. No Day Without Walnuts and Flaxseeds or Chia Seeds
4. No Day Without Fresh Fruit
5. No Day Without Greens and Other Vegetables
6. No Day Without Whole Grains and Cereals
7. No Day Without Legumes or Fish for Protein
8. Say Yes to A Glass of Red Wine at Dinner



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Follow the 8 DIETARY COMMANDMENTS



ADOPT GREENS
no day without greens and other vegetables



SAY YES
to fish and legumes



TAKE TO FRUITS
no day without figs or other fruit



LOVE PLANT FOODS
no day without walnuts and flaxseeds



DAILY GRAINS
no day without whole grains and cereals



SAY NO
to meat (beef, lamb, pork)



ENJOY
moderate alcohol consumption, mainly in the form of red wine, recommended at dinner.



AVOID FATS
no more butter and cream - to be replaced by extra virgin olive oil

BONUS FOOD FOR THE HARD WORK - Plus a deep, dark, sinfully rich chocolate!