Diets for losing weight. Mediterranean Diet

The title of this article has a right to exist, although it may mislead those seeking a fast-weight-loss diet. The Mediterranean diet will no doubt help to get slimming, but it is not really a diet for slimming. If you look at it, it’s not a diet at all. The notional term Mediterranean Diet refers to the general principles underlying the national cuisine of the countries of the Mediterranean coast. And the kitchens are 16, and at first glance they’re all different. But when you look at them carefully, you find common patterns.

Why are the nutritional habits of the Mediterranean so closely monitored and given the title of a diet? Because, as the statistics show, the inhabitants of the Mediterranean coast are enviably slender, healthy and long-lived. The fact that the incidence of cardiovascular and cancer in the Mediterranean region is much lower than that of the world is telling. And one of the good reasons for that, of course, is the style of nutrition that is recognized as the healthiest and most rational in the world.

*What does the Mediterranean diet promise?*

The Mediterranean diet is not suitable for people who need to lose weight in the shortest possible time. It’s a way of eating for people who care about their health. By changing your diet in accordance with the principles of the Mediterranean diet, you will lose weight and improve your health, but it will take months and years, not days and weeks.

That it is better to sit on «fast» diets, regularly dropping weight with a subsequent set of it against the background of worsening health, or to feed in the Mediterranean style, gradually acquiring slim, preserving beauty and prolonging youth, ensuring active longevity, Reducing the risk of cardiovascular and cancer? Your choice.

*Principles of the Mediterranean Diet*

The people of the Mediterranean coast are very fortunate in their natural environment. Abundance of all kinds of vegetables, fruits and cereals; variety of fresh seafood; olive oil, considered to be the most useful of all vegetable oils; grape wine, which preserves all valuable grapes, but free of excess sugar. On these blessed lands grows (and in the sea lives) all the most useful things that mankind consumes for food.

If you decide to change your diet according to the principles of the Mediterranean diet, follow these recommendations:

1. Eat as many fruit, fresh and stewed vegetables as possible (in total - not less than 1kg per day, potatoes are not counted). It’s better if it’s a local c/x product grown outdoors. In winter, do not prefer vegetable preserves or greenhouse cucumbers and tomatoes, but cabbage, carrots, beets, pumpkins.

2. Use only olive oil from fat (for roasting, salad dressing, sauce making).

3. Daily menus must include either fish (seafood), meat or poultry, but in small quantities around 10% of the calorie content of the daily menu. Actively consume and sour products (cheeses such as brynza, cottage cheese, yogurt-free). Of the listed products, only the fish can be fat, the rest - with low fat content. Given our reality, it is recommended to buy fish that have been minimally treated (fish fillets are best avoided).

4. Actively use garlic and green in addition to the usual parsley and dill - basil, oregano, thyme, rosemary. Eat olives and olives regularly.

5. Beans, hard wheat pasta, whole bread, nuts are welcomed.

6. If hereditary alcoholism is not threatened, good quality dry red wines may be included (up to 100g/day)

7. Raisins and confectionery are seldom consumed; desserts are mostly fruit. Citrus fruits are widely used.

*The pros and cons of the Mediterranean diet*

The pros of a Mediterranean diet are said to be many, and the minus is the only one - it’s not cheap. Suffice it to say that olive oil is several times more expensive than sunflower oil, and the price of hard wheat pasta is many times higher than the price of ordinary wheat. But, as a rule, saving on health is even more expensive.