

Mediterranean Power Foods

Fruit, vegetables,

Olive oil

Herbs and spices

Nuts and seeds

Beans, lentils, other pulses

Fish, seafood, seaweeds

Eggs,

Goat's cheese and yoghurt and sour milk,

Red meat is eaten once a week,

Wild edible plants and mushrooms

Red wine,

Lean meats, chicken, turkey, rabbit, some game meat such as quail and hare,

Red meat once or twice a week.

Whole unrefined grains,

Carob, honey, grape syrup.

Garlic and onions



Prepare and eat meals with family !

A modified lower carbohydrate Mediterranean diet incorporates the basics to healthy eating and living.

A Mediterranean Diet may reduce the risk of stroke, depression, cognitive impairment and Parkinson's disease.

The Mediterranean Diet is known for being heart healthy yet several studies have shown that this eating pattern can protect from various diseases of the brain.

This is attributed to the protective effect of the consumption of foods rich in antioxidants such as olive oil, fruit, vegetables and nuts and especially olive oil and walnuts.