
Healthy fats are better than very low fat

Mediterranean diet is more beneficial than a very low fat diet in prevention of Cardiovascular Disease. So, replacing saturated with unsaturated fat is better than replacing it with carbohydrates or protein.

Choosing Healthier Fats

Olive oil is high in monounsaturated fat. Using unsaturated fats instead of saturated fats in cooking and preparing food is advisable. Using a tomato and garlic or onion or leek-based sauce regularly is a key feature of the Med diet.

Eat less processed food

These foods are usually high in saturated fat, salt or sugar and often contain trans fats. Replacing these with healthy snacks such as fruit or unsalted nuts is beneficial. Nuts are rich in unsaturated fat, phytosterols, fiber, vitamin E and iron, e.g. walnuts, almonds, hazelnuts.

Eat more oily and white fish

Oily fish is an excellent source of essential omega-3 fats. White fish is very low in saturated fat.

Eat plenty of fruits and vegetables

Eating a wide variety of fruit and vegetables every day helps ensure adequate intake of many vitamins, minerals, phytochemicals and fiber. Studies have shown that eating plenty of these foods is protective for Cardiovascular disease and cancer. Focusing on green, non-starchy vegetables is important, especially if you are diabetic and watching your blood sugars.

Choose lean meats and consider cooking methods

Red and processed meats are high in saturated fat, can be high in salt and are best replaced with white meat or fish or vegetarian sources of protein. Grill or roast without fat, casserole or stir fry. 'White meat' choices are lower in saturated fat. Remove the skin and consider your cooking method.

Include soluble fiber

These foods are high in soluble fiber and other useful nutrients: Avocado, oats, apples, citrus, carrots, psyllium, barley, beans, chia and flax. Regular consumption is advisable for raised cholesterol.

Mediterranean Diet Tidbits

