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# Benefits of a Mediterranean Diet

BY Jessica Sandiford Posted July 20, 2023 In Health and Wellness

A general phrase for the customary eating patterns in the nations bordering the Mediterranean Sea is "Mediterranean diet." There is no one typical Mediterranean diet, due to variances in society, ethnic origin, religion, economy, geography, and agricultural output, these countries of them have different eating habits. There are, however, a few commonalities.

**A Mediterranean diet often consists of:**
Plenty of vegetables, fruits, grains, potatoes, beans, nuts, and seeds; olive oil as the main source of fat; and low to moderate amounts of dairy products, eggs, fish, and chicken.
In this diet, fish and poultry are more prevalent than red meat. Additionally, plant-based foods with little processing are the main focus. Low to moderate amounts of wine can be drunk, usually with meals. instead of sweets, fruit is a popular dessert.

## What are the benefits of a healthy diet?

Your diet has an impact on many facets of your general health, including the health of your brain. As you age, a nutritious diet can help you think more clearly, remember things, and absorb information more quickly.

According to the American Heart Association (AMA), one study showed, people with the best diets at age 50 had a roughly 90% lower risk of dementia than people with the unhealthiest diets. It has been shown that both the DASH (Dietary Approaches to Stop Hypertension) and Mediterranean diets promote heart and brain health.

## MEDITERRANEAN SALAD



Calories 142 Per Serving
Protein 8g Per Serving
Fiber 4g Per Serving

## Ingredients

**Servings 4**

- 1 medium head lettuce (green leaf, red leaf romaine), cut into thin strips
- 1 medium cucumber, chopped
- 1/2 cup tomatoes, chopped
- 1 15.5-ounce can no-salt-added chickpeas, rinsed and drained
- 1/2 medium red onion, finely sliced
- 1/2 cup crumbled fat-free or low-fat feta cheese

OR

- 1/2 cup shredded Parmesan cheese
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons red wine vinegar

OR

- 2 tablespoons cider vinegar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper

## Directions

1. In a large bowl, gently toss the lettuce, cucumber, tomatoes, chickpeas, onion, and feta.
2. In a small bowl, whisk together the oil, vinegar, garlic powder, and pepper.
3. Pour the dressing over the salad, tossing to combine.