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Free Healthy Mediterranean Diet Menus

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Mediterranean diet menus are proven to be better for a person's health by the fact that heart disease incidence in Mediterranean countries is proven to be considerably lower compared to United States figures.

Statistically, according to [1995-1998 heart disease death statistics](#) there were almost 103 deaths per 100,000 population caused by heart disease. In the United States that figure was 106 per 100,000, The United Kingdom had 122 deaths per 100,000 and Australia had 110 deaths per 100,000. Interestingly, four out of the six LOWEST heart disease death rates belonged to Mediterranean countries;

1. France: 39.8 deaths per 100,000
2. Spain: 53.8 deaths per 100,000
3. Italy: 65.2 deaths per 100,000
4. Greece: 68.8 deaths per 100,000

There is also a reduced risk of cancer to those on the [Mediterranean diet](#).

So what is the secret of Mediterranean diet menus?

Well, the focus of the diet is lots of fresh fruit, vegetables, legumes, nuts, whole grains, seafood and olive oil combined with minimal processed grain, red meat, saturated fat and salt. If you drink alcohol then a glass of red wine with dinner also increases your antioxidant consumption. Because of these factors, the diet is high in omega 3 and antioxidants which improves heart health and fights free radicals which may cause genetic mutations that lead to diseases like cancer. The findings associated with the Mediterranean diet are consistent with findings elsewhere around the globe. A diet low in saturated fats with plenty of polyunsaturated and monounsaturated fats produces better health outcomes, especially when it comes to heart health.

Many people are very much concerned about their health these days and who wouldn't be? Quite frankly, the mounting figures of major health issues like heart disease, cancer, stroke and diabetes is enough to scare anyone. That is why it is important to pay closer attention to what we eat every day. Following Mediterranean diet menus has the potential to improve general health and wellbeing.

Many studies support Mediterranean diet menus as one of the most healthy in the world including research by The New England Journal of Medicine, Harvard School of Public Health and the Cardiovascular Nutrition Laboratory. Consequently, there is real evidence of Mediterranean Diet Menus aiding in weight loss and reduced risk of cancer and heart disease as a whole.

The great thing with Mediterranean diet menus is that they allow for greater creativity and taste which is not possible with other diets. But it is important to combine any diet with moderate exercise to maintain health. And this is the other aspect of Mediterranean life. They tend to have a higher level of activity. For example, most households have their own veggie patch, you've probably even noticed this if you have neighbors who come from the region. Not only do they have to tend for their garden, but they are also more likely to go for a walk. All of these things add up to a more active lifestyle and better health.

An example of Mediterranean diet menus is:

