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# **Kalamata Olive Diet - Greek Mediterranean Diet**

## The Kalamata Olive Diet - What is it?

If you've searched online for the kalamata olive diet, odds are you've found very little information. In truth, the kalamata olive diet is simply a version of the [Mediterranean diet](#) which is also known as the Prasouda Diet or the Greek Mediterranean Diet.

### What are Kalamata Olives?

Kalamata olives receive their name from the Kalamata region in Greece which is renowned for rich, flavorsome olives and olive oils. The city of Kalamata sits at the head of the Messinian Gulf with the famous city of Sparta to the north. Kalamata olives are sometimes called Greek olives and are a rich reddish purple color. When not used in production of olive oil they are generally pickled in either brine or vinaigrette. This pickling process gives them a dark brown or even black coloration. Kalamata olives contain anthocyanin (a pigment rich in antioxidant and anti-inflammatory properties).

Did you know that any fruit with a reddish or purplish color is high in antioxidants which play an important line in the body's first line of defence against 'free radicals' which can cause cell mutations and lead to diseases like heart disease and cancer. In general, the darker the color, the more antioxidants they contain. So the more antioxidant rich food you consume the better and kalamata olives are an ideal source... they also taste delicious! Since Kalamata olives contain flavonoids, polyphenols and vitamin E, they help protect the body from these free radicals. They also support the immune system, improve heart health and reduce inflammation. Another advantage is that they are fiber rich.



The Mediterranean Diet and Kalamata Olives

Like with many things, they should be eaten in moderation since 15 grams of Kalamata olives (approximately 3-5 olives) contain 45 calories due to their high fat content. Brined varieties should also be consumed sparingly due to their high sodium content.

### What is the Mediterranean Diet or Kalamata Olive Diet?

As you would expect, the Kalamata Olive Diet involves eating plenty of Kalamata olives in various forms, whole,

tapenade (olive paste), in oils and dressings etc. The main focus of the Kalamata Olive Diet or Mediterranean diet is on eating lots of fresh fruit and veggies, whole grains (but not processed foods like bread, cakes and pasta), olives and olive oils, fish and seafood (making it high in Omega 3), cheese and yoghurt. Eating red meat is limited to a few times per month. As with all healthy diets, an active lifestyle is recommended even if you just go for a 30 minute walk per day. Following a Mediterranean diet will create many desirable health benefits.

It is interesting to note that the Mediterranean diet is the only diet to be endorsed by the Mayo clinic. Check out this great article on their site: [Mediterranean diet - The heart Healthy diet](#)

If you're like me and feel that a meal is incomplete without some kind of 'filler' like potato, rice or pasta. You might like to try [shirataki noodles](#). These noodles are similar in texture to rice noodles and are made from 97% water and 3% soluble fiber. Because your body is unable to convert fiber to energy, the noodles are effectively calorie free while still acting as a filler. To see a review of this product go to [Miracle noodle review](#)

For more information regarding the Mediterranean diet visit our [Mediterranean Diet](#) category.

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