Complementary blog post: Benefits of the Mediterranean Diet

Subject: 3 Easy Ways to Start the Mediterranean Diet

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Are you interested in adopting the Mediterranean diet, but you’re unsure where to start?

Renowned for its incredible health benefits, the Mediterranean diet is also one of the easiest, most satisfying diets to follow. In fact, the secret to its success is the fact that it doesn’t even feel like a diet.

To help you adopt this flavorful, heart healthy diet, below you’ll discover 3 easy ways to get started.

1. Switch to olive oil

Olive oil is a major part of the Mediterranean diet. It contains fantastic heart-healthy fats and should be used in place of butter, margarines and other cooking oils. If you don’t want to use olive oil for everything, you could opt for walnut or canola oil instead, though olive oil is definitely the better, healthier option.

2. Stock up on fruits and vegetables

Another major part of the Mediterranean diet is fruits and vegetables. With each meal, you should ensure vegetables make up the majority of the dish. Fruits can be eaten for dessert, or packed into delicious smoothies.

Try to make use of lots of different fruits and vegetables to ensure you’re getting the maximum health benefits.

3. Choose the right proteins

Protein is a vital component of any diet, helping to keep you feeling fuller for longer and reducing the risk of fatigue. However, the majority of people tend to get their protein from red meats. Too much red meat can be detrimental to the health, so instead you’ll want to focus on getting a good protein intake from foods such as eggs, chicken, fish and nuts.

If you really want to get the most from the Mediterranean diet, oily fish such as tuna or salmon is the best protein source to opt for.

Want to refresh your memory on the benefits of the Mediterranean diet? Check out the blog on our site.

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Overall, it’s easier than you might think to follow the Mediterranean diet. The 3 steps above will help to get you started and form the basic structure of this heart-healthy lifestyle. With just a few simple tweaks, you’ll soon be enjoying all of the benefits the Mediterranean diet has to offer.

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