Complementary blog post: Most Common Mediterranean Diet Food List

Subject: The Mediterranean Diet Pyramid Explained

(Firstname)

Otherwise referred to as the healthy-heart pyramid, the Mediterranean food pyramid is considered the key to excellent health. It’s even been referred to by doctors as the gold standard in terms of healthy eating. So, what exactly is the Mediterranean food pyramid?

Understanding the Mediterranean food pyramid

The modern version of the Mediterranean food pyramid was introduced in 1993 and it basically highlights the main components of the diet. It doesn’t just show the food either, at the bottom of the pyramid you’ll find it relates to physical exercise; another important element of the diet.

It’s actually compiled using the diet traditions of those in southern Italy, Greece and Crete from the 1960’s. It’s one of the few diets which hadn’t really changed since. However, it was updated in 2003 to accommodate slight alterations.

What should you be eating according to the pyramid?

So, now you understand a little more about the pyramid, what exactly does it tell you eat? Well, the majority of your daily meals should comprise of fruits, vegetables, grains, legumes, seeds and olive oil. This is the largest section of the pyramid and makes up the bulk of the diet.

Next you have fish and seafood; another important element of the Mediterranean diet. It’s oily fish you’ll want to be focusing on. This is followed closely by poultry, eggs and dairy. The key difference between the Mediterranean diet pyramid, is poultry and fish are chosen over red meats.

At the top of the pyramid there’s meat and sweets. The Mediterranean diet doesn’t cut out any food group, but it does recommend you limit your red meat and sweet treat intake.

Finally, outside of the pyramid you’ll find the drinks you can consume. These include water and red wine. On no other diet will you see red wine as a recommended daily drink. However, it does restrict you to two glasses maximum per day so don’t think you can down a whole bottle every night!

You can discover more about the specific foods you’ll want to stock up on in our bog post featured on the website.

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Overall, the updated version of the Mediterranean diet pyramid is easy to follow and it helps you to ensure you gain the most benefits if you choose the follow it. It’s helpful to have a good understanding of the pyramid, as it enables you to see roughly how much of each food group you should be consuming.

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