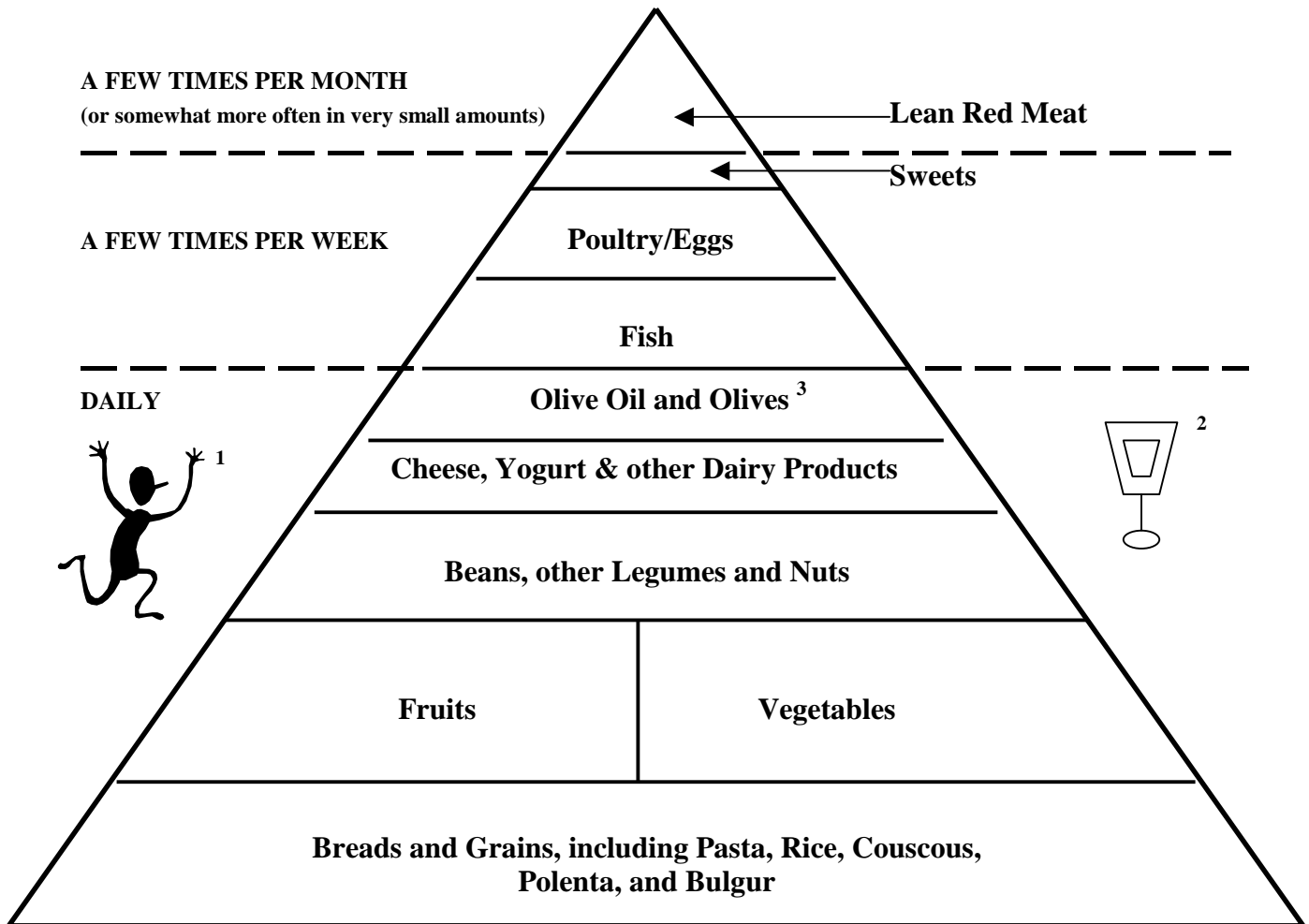


Optimal Traditional Mediterranean Diet

This preliminary concept for a pyramid to represent the Optimal Traditional Mediterranean Diet is based on the dietary traditions of Crete circa 1960, structured in light of 1993 nutrition research. Variations of this optimal diet have traditionally existed in other parts of Greece, parts of the Balkan region, parts of Italy, Spain and Portugal, Southern France, North Africa (esp. Morocco and Tunisia), Turkey, as well as parts of the Middle East (esp. Lebanon and Syria). The geography of the diet is closely tied to the traditional areas of olive cultivation in the Mediterranean region.



Source: 1993 International Conference on the Diet of the Mediterranean

- 1 Indicates the importance of regular physical activity.
- 2 Following Mediterranean tradition, wine can be enjoyed in moderation (1-2 glasses/day) primarily with meals; it should be considered optional and avoided whenever consumption would put the individual or others at risk.
- 3 Olive oil, high in monounsaturated fat and rich in antioxidants, is the region's principal fat. In the optimal, traditional Mediterranean diet, total fat can be as high as 35-40% of calories, if saturated fat is at or below 7-8% and polyunsaturated fat ranges from 3-8% with the balance coming from monounsaturated fat (in the form of olive oil). Variations of this diet where total fat (again, principally

olive oil) is at or below 30% - such as is found in the traditional diet of Southern Italy – may be equally optimal.