

## MEDITERRANEAN DIET

### FACTS



Follows the diet of the people living around the Mediterranean Sea



Eat seafood, whole grains, fruits & vegetables, beans, nuts, healthy fats like olive oil, herbs & spices



Eat less of red meat, sugary foods, processed foods, dairy, eggs



Pros

Lowers risks for heart disease, stroke, high blood pressure, LDL ("bad") cholesterol, diabetes, some cancers. Doesn't prohibit any foods.

### CONS

Many of the diet's staple foods are high in fat. Must track calories to lose weight.



# DROP THE POUNDS

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## MEDITERRANEAN OR PALEO?

## PALEO DIET

### FACTS



Allows only foods you can hunt, fish and gather yourself, just like our Paleolithic ancestors



Eat lean meats (preferably grass-fed), fruits & vegetables, seafood (wild caught), nuts, eggs, roots, berries



Don't eat dairy, beans and legumes, grains, sugar, salt

### PROS

May lower risk for heart disease, stroke, diabetes, obesity, cancer. May help control blood pressure and blood sugar.



### CONS



Much of the foods in our modern diet are off-limits. Must work harder to meet some of your nutritional needs.

The Mediterranean and Paleo diets can help you manage weight and reduce your risk for chronic diseases. But they recommend very different eating approaches. What can you stomach?

Talk to your health provider before starting any new diet or making changes to your eating habits.