STAL - Food Science DiSSPA

The Mediterranean Diet

SJ Christopher 2018

- 1. The Mediterranean diet is a modern nutritional recommendation inspired by the traditional dietary patterns of southern Italy, Greece, and Spain. The <u>principal</u> aspects of this diet include proportionally high consumption of olive oil, legumes, unrefined cereals, fruits, and vegetables, moderate to high consumption of fish, moderate consumption of <u>dairy</u> products (mostly as cheese and yogurt), moderate wine consumption, and low consumption of meat and meat products.
- 2. Olive oil is particularly characteristic of the Mediterranean diet. It contains a very high level of monounsaturated fats, most notably oleic acid, which epidemiological <u>studies</u> suggest may be linked to a reduction in coronary heart disease risk. There is also evidence that the antioxidants in olive oil improve cholesterol regulation and LDL cholesterol reduction, and that it has other anti-inflammatory and anti-hypertensive <u>effects</u>.
- 3. Mediterranean diet is based on what from the point of view of mainstream nutrition is considered a <u>paradox</u>: that although the people living in Mediterranean countries tend to consume relatively high amounts of <u>fat</u>, they have far lower rates of cardiovascular disease than in countries like the United States, where similar levels of fat consumption are found.
- The Mediterranean diet often is <u>cited</u> as beneficial for being low in saturated <u>fat</u> and high in monounsaturated <u>fat</u> and dietary fiber. One of the <u>main</u> explanations is thought to be the health effects of olive oil included in the Mediterranean diet.
- 5. The Mediterranean diet is high in salt content. Foods such as olives, salt-<u>cured</u> cheeses, anchovies, capers, salted fish <u>roe</u>, and salads dressed with extra virgin olive oil all contain high levels of salt.
- 6. The inclusion of red wine is considered a factor contributing to health <u>as</u> it contains flavonoids with <u>powerful</u> antioxidant properties.
- 7. There is an inverse association between adherence to the Mediterranean diet and the incidence of <u>fatal</u> and non-<u>fatal</u> heart disease in initially healthy middle-aged adults in the Mediterranean region.

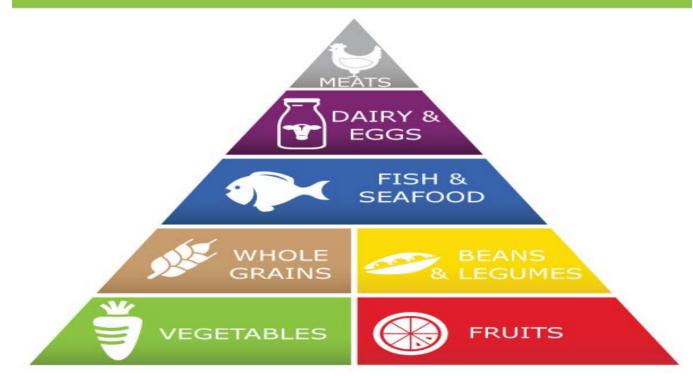
Exercise A: Match the underlined words in the text with the correct meanings

- 1 mortal (adjective).....
- 2 fish eggs (noun).....
- 3 research (noun).....
- 4 consequences (noun).....
- 5 lipids (noun).....
- 6 because (conjunction).....7 most important (adjective).....
- 7 most important (adjective).....
- 8 a contradiction (noun).....
- 9 strong (adjective).....
- 10 mentioned (verb).....
- 11 milk-derived (adjective).....
- 12 conserved (adjective).....

Exercise B: Are the following statements TRUE or FALSE according to the text?

- 1. The Mediterranean diet is based on traditional eating habits.
- 2. It involves eating large amounts of meat and meat products.
- 3. Olive oil is a very important part of the MD.
- 4. Olive oil may have positive effects on cholesterol.
- 5. Fat consumption in Mediterranean countries is low.
- 6. People in the United States consume the same amount of fat.
- 7. Cardiovascular disease is more prevalent in the United States.
- 8. The Mediterranean diet is healthy because it uses little salt.
- 9. Flavonoids in red wine are antioxidants.
- 10. People who follow the Mediterranean diet are less likely to develop heart disease.

Mediterranean Diet Pyramid



Exercise C: Complete the text with the words in the box below

carrots levels means beef lentils wheat third pork top more oranges fat higher small base second men protein highest shown fourth little

Answers

Exercise A:

- 1 mortal (adjective) fatal
- 2 fish eggs (noun) roe
- 3 research (noun) studies.
- 4 consequences (noun) effects
- 5 lipids (noun) fats
- 6 because (conjunction) as
- 7 most important (adjective) principal
- 8 a contradiction (noun) paradox
- 9 strong (adjective) powerful
- 10 mentioned (verb) cited / to cite
- 11 milk-derived (adjective) dairy
- 12 conserved (adjective) cured

Exercise B:

- 1. The Mediterranean diet is based on traditional eating habits. T
- 2. It involves eating large amounts of meat and meat products. F
- 3. Olive oil is a very important part of the MD. T
- 4. Olive oil may have positive effects on cholesterol. T
- 5. Fat consumption in Mediterranean countries is low. T
- 6. People in the United States consume the same amount of fat. F
- 7. Cardiovascular disease is more prevalent in the United States. T
- 8. The Mediterranean diet is healthy because it uses little salt. F
- 9. Flavonoids in red wine are antioxidants. T
- 10. People who follow the Mediterranean diet are less likely to develop heart disease. T

Exercise C:

The Mediterranean Diet can be **1** shown as a pyramid with five **2** levels. At the **3** base of the pyramid there are vegetables, like **4** carrots, and fruits, like **5** oranges. This means that people eat **6** more of these foods than the others on the **7** higher levels. On the **8** second level there are whole grains, such as **9** wheat, with beans and legumes, for example **10** lentils. Above these, on the **11** third level, come seafood and fish, which are a good source of **12**protein, like dairy foods and eggs on the **13** fourth level. At the **14** top of the pyramid there are meats, such as **15** pork, **16** beef and chicken. This **17**means that only a relatively **18** small quantity of meat is consumed in the Mediterranean Diet.

carr	ots level	s mear	ns bee	f lentil	s wh	neat thir	rd pork	top	more orai	nges
fat	higher	small	base	second	men	protein	highest	shown	fourth li	ittle