

1. The Mediterranean diet is a modern nutritional recommendation inspired by the traditional dietary patterns of southern Italy, Greece, and Spain. The principal 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 dairy 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 studies 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 effects.
3. Mediterranean diet is based on what from the point of view of mainstream nutrition is considered a paradox: that although the people living in Mediterranean countries tend to consume relatively high amounts of fat, they have far lower rates of cardiovascular disease than in countries like the United States, where similar levels of fat consumption are found.
4. The Mediterranean diet often is cited as beneficial for being low in saturated fat and high in monounsaturated fat and dietary fiber. One of the main 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-cured cheeses, anchovies, capers, salted fish roe, 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 as it contains flavonoids with powerful antioxidant properties.
7. There is an inverse association between adherence to the Mediterranean diet and the incidence of fatal and non-fatal 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).....
- 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

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

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

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