

Mediterranean Diet

Life-Style changes &
Weight Management

DISCOVER THE BEST

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Evaluation

Reasons Why I chose the Mediterranean Diet

When you think of the Mediterranean diet, you may think of sandy beaches, summertime in the Greek isles, aqua-blue waters, or bread, cheese and tomatoes dressed in olive oil.

The Mediterranean diet is widely known as the most successful diets out there. It has really benefited me to lose over 200 pounds in weight. By eating the right foods and exercising, I have found the combination is fantastic. There is a lot of fresh fruit and vegetables in the Mediterranean diet, as well as high levels of protein. There is scientific research behind it, as well it is a diet backed by medical professionals. It is also the best recommended diet in 2024. Among the foods to enjoy are nuts, cheese, yogurt, fish, eggs, chicken, and the occasional glass of red wine. I also find that dark chocolate also has many benefits.

A lifestyle change was made in 2015 after medically being diagnosed with osteoarthritis, or OA. OA has since spread to other parts of my body over the years, but with two recent THR, total hip replacements, I look forward to continuing this diet. I personally have found that what you eat really has a deep impact on how a person feels, as well as in the prevention of symptom flare ups and inflammation. Eating healthy is the key plus staying active and mobile.

As the Greeks say “Bon Aplite”. I also have traveled extensively to Europe, especially France & Italy, and other parts but the Greek isles hold a special place in my heart, which is a life-time goal to reach.



Mediterranean Diet ~ What is it? Mechanism of Action toward weight loss

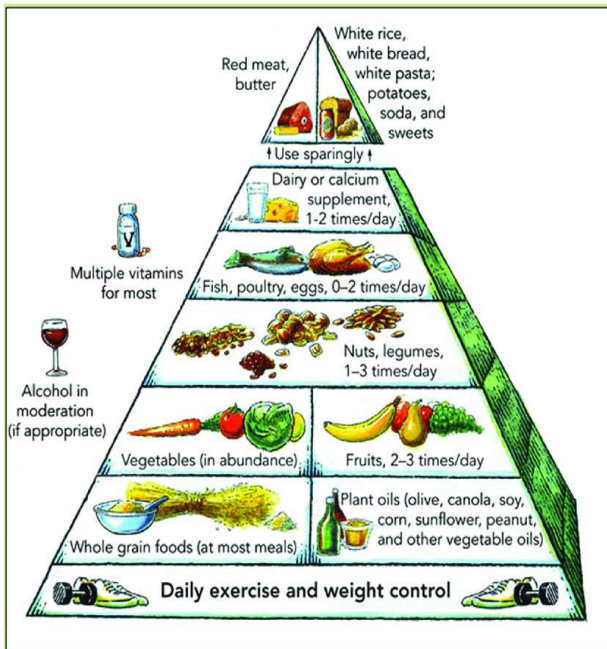


The Mediterranean diet initially came to light in the 1950s. Decades of research confirmed the diet's beneficial effects on weight maintenance, cardiovascular disease prevention, and cancer prevention when coupled with regular exercise and freedom from smoking. It offers multiple health benefits. Research indicates that the Mediterranean Diet is more than just a fad. It is not regarded as one of these. Rather, it represents a lifestyle change, a way of eating where an individual enjoys several food options. A food pyramid was created for the Med. Diet over 25 years ago. A great way to visualize what foods a person should eat and how often.

Choosing to slow down at meals, savor a glass of wine, engage in physical activity more frequently, and ensure enough rest represents a lifestyle commitment. Traditional foods from regions that border the Mediterranean Sea form the foundation of the heart-healthy Mediterranean diet are present, including whole grains, healthy fats, and plant-based foods, while meat, cheese, and sugar are limited.

The Mediterranean diet has numerous health advantages, including a reduction in chronic diseases, lower blood pressure, decreased blood lipids, and weight loss. A study published in the American Journal of Clinical Nutrition in 2013 indicates that it also aids in reducing long-term blood sugar levels. Due to a chronic medical condition of osteoarthritis (on a personal level), several scientific researchers have identified connections between compliance to the Mediterranean diet and a decrease in pain associated with arthritis, particularly osteoarthritis and rheumatoid arthritis. Health specialists strongly associate this diet with decreased general cancer rates and diabetes, and it is no wonder the best 2024 diet available today, backed from years of research and medical professionals. It is a truly delicious, realistic and sustainable method – both to loose weight and to maintain a healthy weight.

Mechanism of Action: claiming to produce weight loss ~ Most people want a quick fix and search Dr. Google for rapid results. Research supports the use of the Mediterranean diet as a healthy eating pattern for the prevention of cardiovascular diseases, increasing lifespan, and healthy aging. When used in conjunction with caloric restriction, the diet may also support healthy weight loss. Other research shows that compared to low-fat diets, the Mediterranean diet leads to more significant weight loss and has the potential to decrease the buildup of fat around the middle. A Harvard study showed that this diet is far more superior to others. Individuals experience a winning course for life, but there are no guarantees of weight loss. Together with tools, eating habits, meal plans, food choices and physical activity can aid in reduction of weight.



Target Audience

Live like a Mediterranean

A Mediterranean person tends to be quite physically active as they tend to walk most places or ride their bike not relying on cars. Depending on the region they live in, the weather tends to be better with lots of sunshine and little rain or snow, so they spend time outdoors. Climate, temperature and outdoor living naturally leads to a healthy lifestyle.

Where I reside, the region of Victoria, Canada, climate has been described as sub-Mediterranean. The city's temperate climate and abundant sunshine have established its reputation as the "City of Gardens".

Anyone can consume foods set by the Med. Diet. It can be utilized for a positive mind-set and long-term lifestyle change to keep moving and eat healthy.

According to my OA website (<http://health.focusondesign.ca>) a well balanced diet encompasses the full spectrum of essential nutrients for optimal health and functioning.

The Mediterranean diet can be consumed by anyone, adults and children.

Recent studies have shown that the Mediterranean Diet is beneficial for many, especially heart disease individuals. Besides heart health, the Mediterranean Diet can prevent or manage many other illnesses.

Eating healthy food fills your body with energy and nutrients. Imagine your cells smiling back at you and saying 'Thank You'

Karen Salmansohn





Rules and/or Guidelines

Nutrition ~ *Eat the Rainbow*

Fill the plate with a variety of foods and colors and you will reap a variety of rewards.

According to Stassou (2017) the Mediterranean Diet focuses on eating healthy foods as close to its natural state as possible for optimal health.

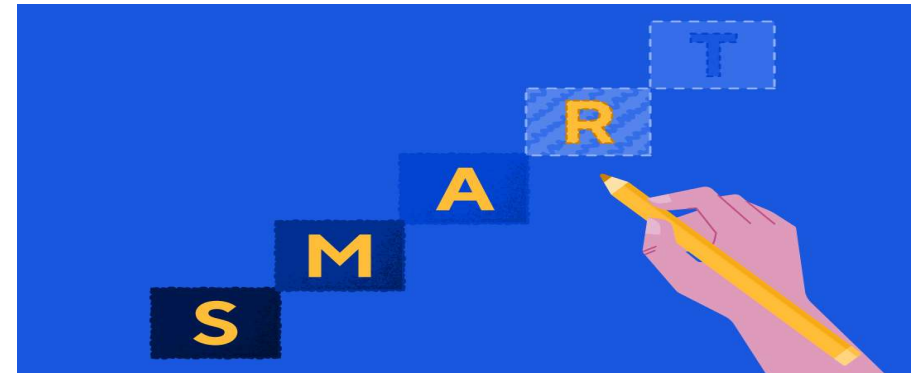
Food is not only to fuel the body but also medicine for the body.

Exercise ~ There are many reasons to exercise, not just to keep track of calories. It changes a person's makeup, sends out powerful neurotransmitters, makes muscles stronger and more flexible, gives them more energy, and makes them happier and healthier.

Rest & Relax ~ Resting is vital for the body to regroup, regenerate and rebuild.

Other Guidelines ~

- Portion Control ~ have a balanced plate
- Identify & break bad habits.
- Look to the Sea – Seafood is king of the Mediterranean diet.
- Savor seasonal foods. Do dessert, but differently. Eat fruit.
- Set Goals ~ Use SMART



Set S M A R T Goals


Specific – Eat a certain amount of food or exercise for a specific set of time

Measurable – Do something you can achieve

Achievable – Make sure you have sufficient time and resources to achieve it

Realistic – loose 5 or 10 percent of current weight

Trackable – Keep a track of everything, Have a meal plan, food list, exercise sheet which helps you stay motivated and you can evaluate your progress.



Take care of yourself,
be healthy and always believe you can be successful in
anything you truly want.

Alessandra Ambrosio



The Mediterranean diet encompasses fruits, vegetables, legumes, nuts, whole grains, fish, olive oil, moderate dairy and meat consumption, and red wine should all be part of a typical diet. However, there is no one exact plan.

In addition to exercising every day, this way of life promotes eating with others and just enjoying life to the fullest.

Promises and Claims

According to the American Heart Foundation (2024), the Mediterranean diet plays an active role in reducing diseases, illness. This dietary approach can significantly contribute to the prevention of cardiovascular disease and stroke, while mitigating risk factors including obesity, diabetes, and hypertension. Numerous studies backed by scientific research claims that a Mediterranean diet abundant in virgin olive oil may facilitate the removal of excess cholesterol from arteries and maintain the patency of blood vessels.

The Mediterranean diet can enhance cognitive function, memory, and information processing as one ages. Cleveland Clinic suggests numerous advantages.



Reduce the danger of cardiovascular disease, which includes stroke and heart attack and can aid in weight loss, or by supporting a body weight that's beneficial.

- ❖ Facilitating normal levels of glucose, hypertension, and cholesterol in the blood
- ❖ Reduce the likelihood of developing metabolic syndrome
- ❖ Maintaining a balanced population of beneficial bacteria and other microbes in the digestive tract
- ❖ Improving the chance of avoiding specific cancers
- ❖ Slowing the decrease of brain function as a person's age
- ❖ Making an individual's life more fulfilling

Loose 6-10 lbs in 1st 2 weeks

Mayo Clinic Diet claims to teach the habits of healthy weight loss.

The program encourages 15 medically-backed habits that target nutrition, behavior, self-monitoring and exercise.

Embracing the habits can help you lose 6-10 lbs in your first 2 weeks, and set you up for long-term success. Research shows that members of the Mayo Clinic Diet digital program lose 80% more weight than participants of an in-person program. The comprehensive support of the digital program helps deliver these clinically-significant results.

- This is not specifically for the Mediterranean diet, but offers a number of different meal plans, and there is a 7-day sample one for the Mediterranean Diet with a grocery list.
- Unless an individual follows ‘exactly’ their recommended meal plan, it is often based on portion control, how much exercise a person does, and an individual’s body composition, as everyone is unique & different. For some it may be quite easy to lose weight, for others it requires a lot of work.
- Mayo Clinic provides thru the paid program – a at home exercise plan

Mayo Clinic (2024). Weight Loss. <https://diet.mayoclinic.org/us/the-program/meal-plans/>

MAYO
CLINIC



Weight Loss Claim



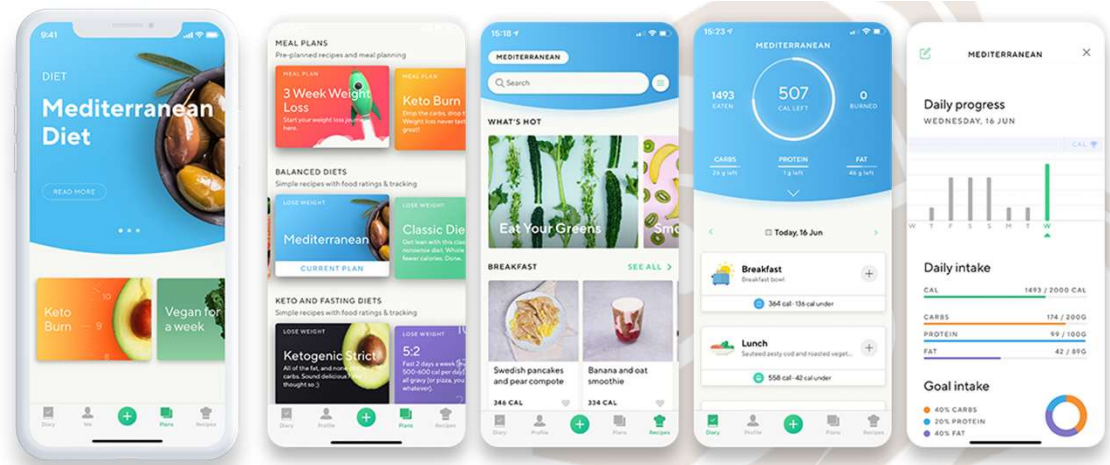
Special Foods & Technology



Lifesum help reach goals. The mobile app actually helps an individual learn how to make more nutritious meal choices, developing a better relationship with food, and build healthier habits. Some of the tools and features to enjoy with the Lifesum app are:

- Meal Plans and Diets to simplify healthy eating;
- Recipes to guarantee flavorful and nutritious meals to keep on track;
- Macro tracking, so you know you're eating a balanced diet;
- Nutritional information to learn which nutrients foods have and discover what to eat more of;
- Daily and weekly feedback to understand how you're progressing towards your goal and how you can improve.

Lifesum. (2024). Lifesum Mediterranean Diet. <https://lifesum.com/news/eng-mediterranean-diet-dato>



The Mediterranean diet is based on the cuisines of Italy, Greece, France, Spain, and other Middle Eastern and North African countries. It is universally considered the healthiest diet after multiple scientific studies on longevity and quality of life. The diet is high in vegetables, healthy fat, and lean protein and offers several dishes to help a person have a long, healthy and optimal life.

The Mediterranean Diet does not require an individual to buy specific or special foods, as most foods are available year round, or seasonal from vegetables, fruit, nuts & seeds, etc. Most grocery stores provide Mediterranean diet ingredients, so you don't need specific meals. Fruits, vegetables, whole grains, legumes, nuts, and seeds are part of the Mediterranean diet. Add fish, shellfish, and olive oil for healthful fats.

As for technology, there are many mobile or smartphone apps that can aid in meal planning, meal suggestions where you can swap out various variety of foods, calory counting, macro counting, and daily exercise programs.

Such technology as MyFitnessPal, Eat This Much, Lifesum and others provide an excellent example of the Mediterranean diet and a well-versed plan to follow, both on website format and smartphone apps. Some however require a monthly subscription fee which can get quite expensive, so I personally opt for the ones that are a annual plan with many additional added features. Besides smartphone apps, I would invest in a smart scale for weight management and view stats on mobile app.



Maintenance Strategies

Although it can be easy to start a diet or new life-style change, the real challenge is in maintaining it. Sometimes through the weight-loss journey, it can be difficult to stay dedicated and motivated. Also, I personally have found it can be so easy to give up and want to try again at a later date. The key is to keep on the plan, follow the plan exactly and take baby steps at first. It is better to take baby steps, then no steps at all to reach the goal.

Having amazing mentors, coaches or a friend who can walk or exercise with you, will only enhance your motivation to want to keep going.

With the proper mindset, willpower and dedication, and motivation, an individual can achieve their goals, and be an inspiration to others.

Eating Habits ~ Consistency is important when on a weight loss journey, especially with food habits. Instead of feeling like you have to eat perfectly all the time, try focusing on a few key habits that can be followed most of the time.

- ✓ Eat regular meals throughout the day, with nutritious snacks
- ✓ Wait for at least 15-20 minutes before getting a second serving to let your body process if you're still hungry
- ✓ Listen to your body for signs of fullness
- ✓ Enjoy a variety of whole foods, mix this up with the required # of servings of vegetables and fruit.
- ✓ Follow macro-nutrients and the require protein, fat and carb percentage for your body type
- ✓ Limit processed foods

Include Exercise ~ Daily exercise and physical activity should be part of this lifestyle to maintain good health. Challenge yourself to try a new form of movement, progress from one level to the next, or increase the intensity. Instead of relying on motivation to exercise regularly, it's all about making a realistic plan that you can stick to for the long-term. This willpower and dedication will help stay committed when motivation fluctuates.

Drink Lots Of Water ~ Staying hydrated will help you feel and function your best! Dehydration may cause fatigue and increased hunger, as we often confuse thirst for hunger!



Health Risks or Dangers

Some potential health concerns with the Mediterranean diet include:

Weight gain ~ Eating more than the recommended amount of fat can lead to weight gain.

Low iron levels ~ Not eating enough meat can lead to low iron levels.

Calcium loss ~ Eating fewer dairy products can lead to calcium loss.

Alcohol consumption ~ Some people should not drink alcohol, including those who are pregnant, prone to alcohol abuse, or at risk for breast cancer.

To help with weight management, the Mediterranean Diet Pyramid is a very useful tool to guide food choices and a balanced plate guide to indicate portion sizes.

Celebrities have endorsed the Mediterranean Diet

Jennifer Aniston ~ A advocate of the Mediterranean diet. Aniston credits this diet for helping her maintain a healthy weight and promoting overall well-being. The focus on fresh, nutrient-dense foods is a key aspect of this celebrity-favored diet.

Penélope Cruz ~ follows the Mediterranean diet because it's close to the cuisine she enjoys in her home country, Spain.

Cameron Diaz ~ Cameron wrote about her diet in her books "The Body Book" and "The Longevity Book." She says good nutrition can extend life. What we eat affects how long we live and how we feel every day we are alive. Diaz uses protein + carbs + good fats + leafy greens as a formula for her meals and that she enjoys the Mediterranean-style diet that emphasizes produce, whole grains, good fats and healthy proteins.

John Goodman – Lost 200 pounds while following the Mediterranean Diet ~ John leans heavily toward fish, nuts, olive oil, vegetables and fruit and walks 10,000 to 12,000 per day.



Backed by
Scientific Research

Pros/Benefits

Mediterranean Diet

Health Benefits ~ According to the American Heart Association, this style of eating may play a role in preventing heart disease, stroke and reducing risk for obesity, diabetes, high cholesterol and high blood pressure.

This diet is loaded with anti-inflammatory foods and monounsaturated fats like olive oil, which does not raise cholesterol levels the way saturated and trans fats do. There is even some evidence that the use of virgin olive oil may help a person's body remove excess cholesterol from arteries and keep blood vessels open.

A primary prevention trial or study which included thousands of people with diabetes or other risk factors for cardiovascular disease, found that a Mediterranean diet supplemented with extra virgin olive oil or nuts and without any fat and calorie restrictions reduced the rates of death from stroke by roughly 30%, as well the risk of type 2 diabetes was also reduced.

A systematic review of studies found that the Mediterranean diet may curb the advancement of cognitive decline and Alzheimer's disease and reduce the risk of progressing from mild cognitive impairment to Alzheimer's.

It may help in weight-loss ~ This isn't a weight-loss diet, per se, but a person may see positive results by eating a Mediterranean diet, as long as a balanced lifestyle is followed—it is a life-style change.



Cons/Disadvantages

Mediterranean Diet

Could lead to weight gain ~ There's no set rulebook for this eating style, so it may be possible to go overboard on certain foods, such as olive oil and nuts. The high-caloric intake of olive oil and nuts may contribute to weight gain, if not calculated into a daily caloric intake.

Grocery bill(s) may go up ~ When a person switches from highly processed foods to nutrient-dense, healthy foods like fresh fruits and vegetables, whole grains and fish, the grocery bill could increase slightly.

Talk to your Medical Provider ~ While the diet is safe for most people, there are a few considerations to keep in mind if you have a health condition. Moderate consumption of red wine is encouraged; however, it's not advised if you're taking certain medications, have uncontrolled diabetes or have a history of pancreatitis or GERD. If a person has digestive issues, such as celiac disease or lactose intolerance, a traditional Mediterranean diet may set stomach problems.

As with starting any new exercise or eating plan, it's always best to check in with your health care provider or dietitian to see if this diet is a good fit.



Best Recommendation

Mediterranean Diet Opinion

On a personal level and having utilized the Mediterranean diet over the years, it has truly helped me with added benefits. I have managed to lose 200 pounds in weight, along with healthy eating and a daily exercise routine.

This diet has been promoted as the best 2024 diet today and has been backed from decades of solid scientific research, dieticians and medical professionals.

Although there are other diets of similar nature, the Mediterranean Diet however is mostly based on nutritional plant-based foods, lean meats, and healthy fats. A cornerstone of the healthful diet. Many studies have linked it to improved health, including a lower risk of cardiovascular disease and improved cognitive abilities. Other studies have shown it can help reduce the risk of cardiovascular disease, add years to life expectancy, and promote healthy aging.

The diet may help with healthy weight loss when combined with calorie control and daily exercises. I also appreciate the smartphone apps, suggested meal plans, and pre-planned exercises. Along with my own daily health routine, the Mediterranean diet has certainly become a favorite. It has also aided in reduction of OA symptoms such as inflammation flare-ups. What you eat really does have a impact on how a person feels.

I am only excited to continue my life-style and health journey utilizing this diet to promote a new way of eating, weight loss and optimal health & wellness.





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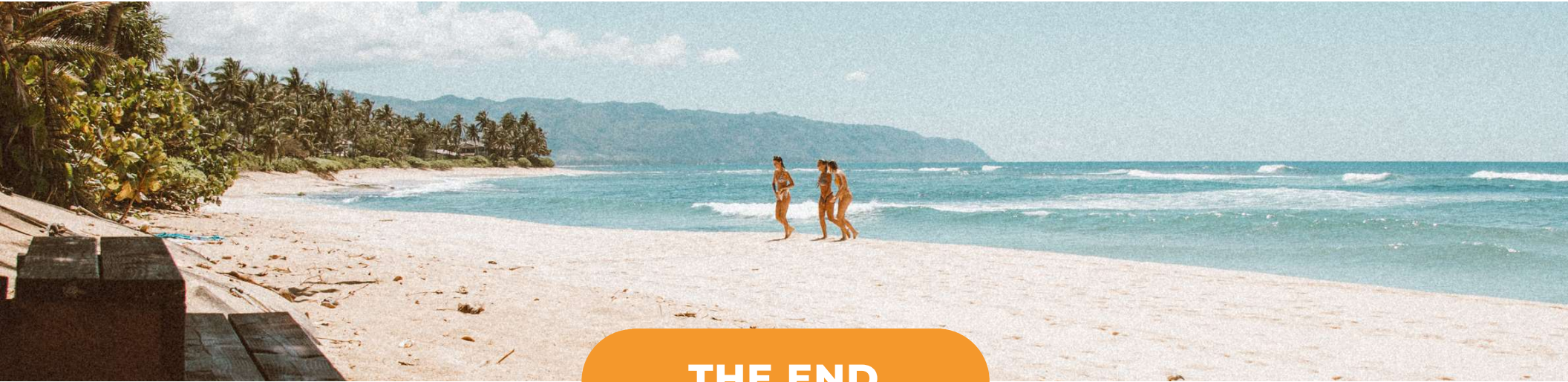
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THE END

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