

Mayo Clinic Minute

Mediterranean Diet Facts

	<p>The Mediterranean diet is actually a combination of diets that have certain common features.</p>
	<p>Olive oil is one of them — a healthier alternative to butter.</p>
	<p><i>spoon hitting bowl</i></p>
	<p>Herbs and spices replace salt as seasoning,</p>
	<p>There are lots of fresh fruits and vegetables, whole grains and nuts. Even some red wine.</p>
<p>Title: DONALD HENSRUD, M.D. HEALTHY LIVING PROGRAM DIRECTOR Mayo Clinic</p>	<p>There's not a lot of processed food. Meat is a condiment, rather than a staple.</p>
	<p>Fish and poultry could be eaten a couple times a week, but red meat might only be served a couple times a month.</p>

	<i>microwave timer going off</i>
	And in this diet,
	<i>salmon on plate</i>
	how you eat is as key as was what you eat.
	In the Mediterranean region, traditionally people have eaten together as a family, and that's an important part.
	Exercising between these meals is, too.
	So it can have a powerful effect on health.
	But, here's the rub:
	Too much of a good thing is too much of a good thing.
	You still need to watch your total calories — even if they are the healthier ones that come from a Mediterranean meal like this.
Graphic	For the Mayo Clinic News Network, I'm Jeff Olsen.