

The Mediterranean Diet



1. This essay will _____ the Mediterranean diet.
2. There are some _____ to this diet for example, healthy looking skin, strong teeth and bones and feeling well overall.
3. However, there _____ some disadvantages.
4. In my _____, the Mediterranean diet is great for maintaining good health.
5. Spanish people love eating toast with fresh tomatoes and olive oil for breakfast. _____, they eat a lot of salads and seafood.
6. In _____, we have discussed the main foods that this diet offers as well as the many advantages. It seems that this is a great _____ for promoting excellent health.

conclusion are opinion
advantages Furthermore,
discuss