

# 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