The Mediterranean Diet May Help Inflammation from COVID 19

*Read the following article and answer the questions.*

The Mediterranean diet (MD), which residents of the Mediterranean region typically follow, has been praised for its rich anti-obesity and anti-inflammatory content. For this reason, the COVID-19 pandemic led researchers to focus on the potential benefit of this diet in preventing severe illness and death related to COVID-19.

A new *Journal of Physiology and Biochemistry* study examines available evidence for the beneficial role of chemicals from plants (polyphenols) in the MD in preventing and treating COVID-19.

*Study: Potential usefulness of Mediterranean diet polyphenols against COVID-19-induced inflammation: a review of the current knowledge. Image Credit: Antonina Vlasova / Shutterstock.com*

The MD includes little processed food, small portions of meat, moderate olive oil, and some red wine at mealtimes. Apart from this, little fat is consumed as part of this diet, other than that which is provided by fish and shellfish, of which the amounts vary between individuals and communities. On the other hand, fiber consumption in the MD is high and is primarily provided by vegetables, legumes, fruits, and whole-grain cereals.

Taken together, these ingredients supply abundant antioxidants and have been associated with a reduced risk for many chronic health conditions, including cardiovascular disease and metabolic syndrome. Since the presence of these health conditions is considered a high-risk factor for severe COVID-19, this diet could be associated with protection against COVID-19.

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QUESTIONS

1. The main point of the article is:
   a) To describe the Mediterranean diet
   b) To show how the Mediterranean diet may help with COVID 19
   c) To prove how deadly COVID 19 is

2. The Mediterranean diet is good because
   a) People in the Mediterranean don't eat as much as people in Canada
   b) Little fat is consumed
   c) It has nutrients that help prevent obesity and other health problems

3. Click on the risk factors for COVID 19 that the article mentions.
   a) obesity
   b) tuberculosis
   c) heart disease
   d) metabolic syndrome
   e) antioxidants

4. Click on one food that IS NOT in the Mediterranean diet.
   a) fish
   b) olive oil
   c) meat
   d) alcohol
   e) butter
   f) legumes

*Figure 1 Mediterranean village*

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