

What Is the Mediterranean Diet?

The Mediterranean diet refers to a way of _____ that focuses on the traditional foods eaten in the countries that surround the _____ Sea, in the coastal cuisine of countries such as Greece, Spain, Italy, France, and northern Africa.



This style of eating includes plant foods, incorporates some animal foods—in particular, fish, and _____ includes sweets, red meat and processed meats.

This diet is associated with many _____ benefits, primarily those related to heart health. Staples of the Mediterranean diet include _____ and vegetables, whole grains, seafood, nuts and legumes, and olive oil. In lesser amounts, poultry, eggs, cheese and dairy are consumed.

Moreover, the Mediterranean diet _____ more than just food; for this reason, it is often described as a way of life. Traditionally, people living in Mediterranean _____ have emphasized _____ activity, social gatherings and relaxation along with a _____ consumption of wine with meals.

Unlike some diets, the Mediterranean diet does not have strict requirements.

- **Most meals** feature vegetables, fruits, whole grains—bread, pasta, rice, etc., and extra virgin olive oil.
- **Most days** also include nuts, seeds, dairy (preferably low-fat), and herbs and spices.

- **Every week** includes, at some point, poultry, seafood, fish, eggs, potatoes and legumes.
- Sugar-sweetened _____, added sugars, processed meat and red meat are consumed sparingly.

1. Complete the gaps of the text with the following words:

moderate	fruits	contains	physical
Mediterranean	in short supply	regions	
health	eating	beverages	

2. Match these words with their meaning:

SPARINGLY - POULTRY - PROCESSED - DAIRY - GATHERINGS

_____ : to treat or prepare (raw materials or the like) by some process, as in manufacturing.

_____ : groups or meetings of people in one place; assembly.

_____ : birds raised for their meat and eggs, as chickens, turkeys, etc.: the meat of these birds.

_____ : of or relating to milk, cream, butter, cheese, etc.:

_____ : careful not to give or use a lot of something; frugal.

3. Answer the following questions with the right option:

The Mediterranean diet is

The way of eating includes

Sugar-sweetened beverages, processed meat and red meat are consumed

The diet is associated with

On the Mediterranean diet, most days you should eat