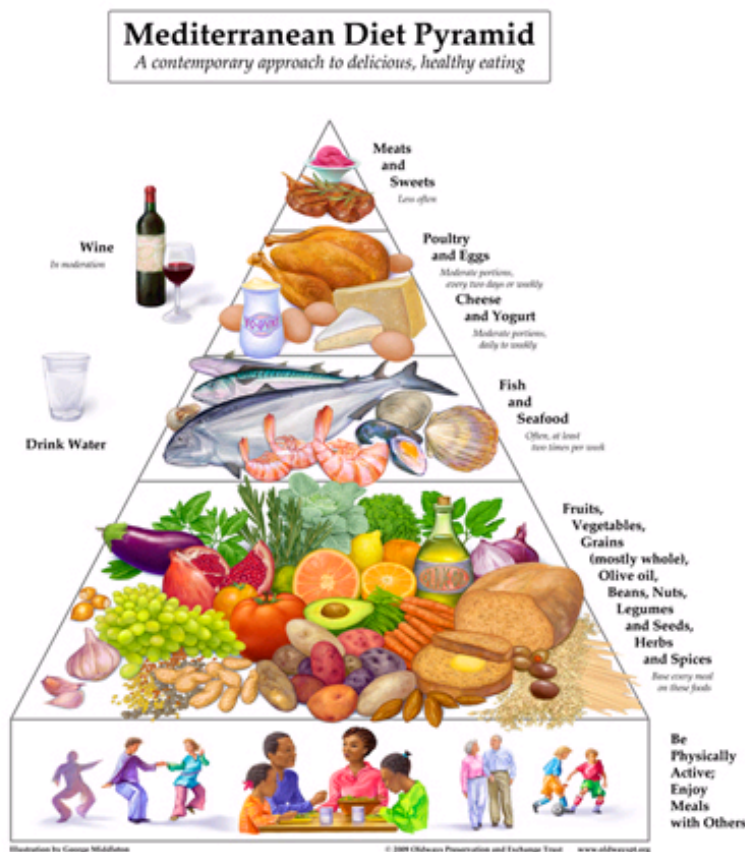




Weekly News from Berry Science
and the Superfruits Industry

The Mediterranean Diet and Superfruits



The Oldways Mediterranean Diet Pyramid, 2009

[follow the [Wikipedia](#) links]

hundreds of research studies over the past half-century.

Read the [Mayo Clinic summary](#) and [additional background on the diet from Wikipedia](#).

Its main components include those featured in the above pyramid (summarized from the bottom up -- **the wider parts of the pyramid are more important**)

- daily physical activity
- 5-10 servings daily of fruits and vegetables ******
- 3 or more servings of whole grains, beans, nuts, seeds
- olive or grain oils (canola)
- fish and seafood, or soy protein as a substitute (limited or no red meat)
- water as the main beverage; daily but limited intake of red wine
- limited dairy products (substitute with soy)
- limited desserts

****** *This is where a **whole foods** approach using superfruits can easily fit*

[Review the latest Berry Doctor's report on superfruits here!](#)



Some of the advantages of the Mediterranean Diet substantiated by science (from the [Oldways site](#), [click](#) for more details)

- Lengthen your life
- Defend you from chronic diseases

- Fight certain cancers
- Lower your risk for heart disease along with your blood pressure and "bad" cholesterol levels
- Protect you from diabetes
- Aid your weight loss and management efforts
- Keep away depression
- Safeguard you from Alzheimer's disease
- Ward off Parkinson's disease
- Improve rheumatoid arthritis
- Help you breathe better
- Lead to healthier babies

Update of Medical Opinions and Research on the Mediterranean Diet

- Curr Opin Cardiol. 2009 Jun 20.

The Mediterranean diet revisited: [evidence of its effectiveness grows.](#)

Click for research abstract

Summary

Consumption of a Mediterranean diet has been found to be associated with a reduction of overall mortality and a reduced incidence of cardiovascular disease. The Mediterranean diet has been consistently shown to be associated with favourable health outcomes and a better quality of life. The findings suggest that significant health gains can be expected in a general population whose diet reflects the nutritional principles reflected in a Mediterranean diet.

- Brit Med J. 2008 Sep 11;337:a1344.

Adherence to Mediterranean diet and health status: meta-analysis.

Click for research abstract

Summary

Greater adherence to a Mediterranean diet is associated with a significant improvement in health status, as seen by a significant reduction in overall mortality (9%), mortality from cardiovascular diseases (9%), incidence of or mortality from cancer (6%), and incidence of

Parkinson's disease and Alzheimer's disease (13%). These results seem to be clinically relevant for public health, in particular for encouraging a Mediterranean-like dietary pattern for primary prevention of major chronic diseases.

- Curr Opin Lipidol. 2008 Feb;19(1):63-8.

Mediterranean diet and metabolic diseases.

Click for research abstract

Summary

Mediterranean diets could serve as an anti-inflammatory dietary pattern, which could help fight diseases related to chronic inflammation, including visceral obesity, type 2 diabetes and the metabolic syndrome.



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