

# Nicky Dear - Health Coach



## A simple guide to the Mediterranean diet

The Mediterranean diet offers a wide range of health benefits:

There are a few simple principles to help you eat a healthily diet based on the Mediterranean diet

1. **Eat whole Foods - Vegetables, Fruits , Whole grains, beans/legumes, Nuts & Seeds ( 30g per day) These foods should make up 80% of your diet .**
2. **Limit Saturated Fat, Fatty or processed meats (e.g. sausages, pies, ham etc)**
3. **Eat a small amount of good quality “Grass Fed” ,organic or wild caught red meat once a week (no more than 80g portion)**
4. **Include oily Fish (Salmon, Mackerel, Sardines, Tuna, Anchovies) no more than twice per week**
5. **Limit added sugar, fizzy drinks, highly processed foods, refined carbohydrates ( eg: swap white bread , white pasta for wholegrain versions )**
6. **Use Olive oil (the best quality you can afford) as your main fat source ( about 30ml per day )**

For women who are going through Menopause and indeed for all of us, this way of eating has been proven to reduce the risk of many life threatening diseases as we age, including Cardiovascular disease and Type 2 Diabetes and Obesity . The emphasis on whole foods and healthy fats helps to lower cholesterol , lower blood pressure and supports healthy & sustainable weight loss . (Renalison Farias Pereira et al 2023)

The increased fibre compared to a modern Western diet can support a healthy gut microbiome which in turn can help to reduce inflammation , and improve brain function . This can have a profound and lasting effect on Menopause symptoms such as joint pain , brain fog , IBS and other digestive issues and believe it or not , can also reduce anxiety when combined with a healthy lifestyle .

In addition aim to include as many different types of fruit , veg , grains , nuts & seeds to your diet as you can . Diversity is the key as each new food brings different nutrients .

When considering what fruit & veg to buy look at the colours - eat the rainbow !



In addition , by working with me as your health coach you can learn to add foods into your daily diet which specifically reduce inflammation due to phytochemicals - natural substances which are produced by plants to protect themselves from pests & disease.

## Contact Details

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