

# A Heart Healthy Diet

***If you're looking for a heart-healthy diet, the Magna Wellness team recommends you take a look at the Mediterranean diet.***

The Mediterranean diet is based on the fundamentals of healthy eating, emphasizing foods like olive oil, fish, nuts, seeds, and even a glass of red wine. It's not just a diet; it's a lifestyle that's simple, easy to follow, and offers numerous health benefits, making it suitable for the whole family.

## **Benefits of the Mediterranean diet:**

Research shows that adhering to the Mediterranean diet reduces the risk of heart disease. Studies on over 1.5 million healthy adults indicate that this diet is associated with lower risks of heart disease, cancer, Parkinson's, and Alzheimer's diseases. It's both delicious and healthy, with many adopters swearing by its lifelong benefits.



## **Key Components of the Mediterranean diet:**

- **Emphasize plant-based foods:** Make vegetables, fruits, and whole grains the foundation of your meals. Opt for fresh, minimally processed foods for optimal nutrition. Include them in meals and as snacks throughout the day.
- **Include nuts and seeds:** These are rich in fiber, protein, and healthy fats. Keep varieties like almonds, cashews, pistachios, and walnuts handy for quick and nutritious snacks. Choose natural nut butters and tahini as alternatives to spreads high in unhealthy fats.
- **Choose healthy fats:** Replace butter or margarine with olive oil or canola oil. Use them in cooking and as dressings for salads. Flavor foods with herbs and spices instead of salt and fat.
- **Eat fish regularly:** Aim for fish such as tuna, salmon, trout, mackerel, and herring at least twice a week. Opt for grilled, baked, or broiled preparations over fried options.
- **Limit red meat:** Consume red meat sparingly, opting instead for lean cuts and smaller portions. Substitute with poultry and fish. Avoid processed meats high in saturated fats.
- **Choose low-fat dairy:** Opt for skim milk, fat-free yogurt, and low-fat cheeses to reduce intake of saturated fats from dairy products.

Source: [Mayo Clinic](https://www.mayoclinic.org/healthy-lifestyle/mediterranean-diet/overview/art-20043863)



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