

How to Maintain Health with a Mediterranean Diet?

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Abstract

Nowadays people use different diet to maintain their health and energy balance. The Mediterranean diet is one of the most famous special eating forms in the world. The diet contains high quality whole grain cereals, vegetables, fruits, fish, high protein content meat, and fermented dairy products (cheese, yogurt, kefir) with active components as vitamins, minerals, antioxidants, fibers, complex protein, unsaturated fatty acids, pre-and probiotics and so on. These products play an important role in the treatment of chronic diseases, such as obesity, diabetes mellitus (II type), high cholesterol, hypertension, cancer, digestive disorders, skin problem, low energy-balance, depression, and stress. Therefore, this communication to be an instrumental in making the dietary application, effectiveness, and beneficial features of Mediterranean diet more and more widespread for people during the global pandemic.

Keywords: Healthy eating • Healthy life • Mediterranean diet • Nutritional value • Physiological active components

Introduction

The most nutrition scientists have already written a book or publication on the Mediterranean diet. The manuscripts mostly present the basis and characteristics of the diet as well as cooking suggestions. In addition to dietary recommendations, the Mediterranean life style also includes mental balance and physical activity as well. What could be the reason for following this diet worldwide [1].

The Mediterranean diet follows the principles of the nutrition pyramid rules as high fiber content cereals, high protein meat, sea fish, eggs, low fatty milk and fermented dairy product, vegetal-based oil, vegetables and fruits, regular physical activity, water intake and the right quantity of ingredients or food [2]. People can consume a valuable food product with high quality nutritional value and physiological active components (antioxidants, omega-3 fatty acids, complex protein, amino acids, fibers, prebiotics, probiotics, unsaturated fatty acids, vitamins, and minerals) in this diet [3]. The Mediterranean diet also increases the energy levels, physical activity skills and propensity for health in the human body. In addition, many diseases can be prevented and treated by the Mediterranean diet, such as digestive disorders, cancer, depression, stress, dementia, cardiovascular diseases (high cholesterol, hypertension), II type diabetes mellitus, obesity and other metabolic diseases, skin problems, eating disorders and immune weakness. The prevention and treatment of these diseases require more attention during the global pandemic. The healthy Mediterranean diet can also play a significant role in preventing COVID-19 by increasing the

energy level of the human body.

Therefore, the goal of the manuscript is to provide an insight to the rules of the diet, functional foods, physiological active ingredients, and diseases-preventive effect of Mediterranean diet. In addition, this article will contribute to expanding the knowledge of scientists and help to the application of special eating habits at global scale [4].

Description

What diseases can be used in the diet for therapeutic purposes?

The Mediterranean diet can be used for many diseases, such as osteoporosis, obesity, high blood pressure, weak nerves and stress, digestive disorders, high cholesterol level, and cancer. In addition, the diet reduces the development of II types diabetes, malnutrition and low energy level in the human body. So, it affects the whole body [5].

Foods and their physiological active components in the Mediterranean diet

Whole grain, brown rice: The whole grains cereals are the most important sources of carbohydrate and fibre in the diet. These carbohydrates contribute to normal blood sugar levels. They are recommended for consumption in several ways: Wheat, barley, rye, brown rice, brown bread, and other whole meal baked goods. Their recommended daily intake is about 80-100 g/meal in normal diet.

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Vegetables and fruits: The vegetables and fruits contain fibre, antioxidants, liquid, vitamins and minerals. These components help to replenish fluid needs in the body and increase the energy level as well. It is recommended to consume them with each meal. The most significant are the colour versions, which have higher levels of antioxidant.

Sea fish, meat, eggs: The high protein products, such as sea fish, meat, eggs, cheese, paneer, tofu etc. play an important role in the activity of muscle system. The sea fish contains omega-3 fatty acids. The low fatty content chicken and eggs also contribute healthy eating. The recommended intake of protein sources are 80-100 g/ three meals in normal diet [6].

Milk and dairy products: Milk contains beneficial nutritional value as amino acids, fats, carbohydrates, vitamins and minerals. The best known and healthiest dairy products are fermented products like yogurt and cheese. It can be the best supplement to the Mediterranean diet.

Vegetable oils: The vegetable oils containing unsaturated fatty acids are useful parts of the Mediterranean diet. They can be consumed in a variety of forms, taking into account quantitative recommendations.

Fluid intake: Water has a role in preventing illnesses and maintaining health balance. The nutritional recommendations prefer 2 to 3 litres of water per day. The fruit and vegetable juices contain fibers, vitamins, and minerals that help the body. They can supplement the dietary recommendations in various forms.

Conclusion

The Mediterranean diet is one of the most famous forms of healthy eating. It is observed that most people choose this diet because it has both a disease preventing and therapeutic effect as well during the global COVID-19 pandemic. The whole grain cereals, vegetables, fruits, sea fish, fermented dairy products, high protein meat and eggs, vegetable oils, and their physiological active components play an important role in health. The special diet can increase the balance of immunity, energy level in the human body, and reduce some kind of chronic diseases, such as digestive, immune, metabolic, and cardiovascular problems. It is hoped that this communication will contribute to scientist's knowledge of the Mediterranean diet through its useful recommendations. Furthermore, the right diet will help to boost the immunity that may fight against the infections, and thus may reduce the pandemic as well.

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Author's Contribution

All the authors contributed equally. They read the final version, and approved it for the publication.

Conflict of Interest

The authors declare that they do not have conflict of interest.

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