The Mediterranean diet is a way of eating that emphasises fruit, vegetables,legumes and whole grains .It includes fewer ultra processed foods and less meat than a typical western diet.In general you'll eat lots of vegetables fruits lentils and nuts.A good amount of whole grains, like whole wheat bread and brown rice.A good amount of fish, especially fish rich in omega-3 fatty acids.Doctors often recommend the .Mediterranean diet to help prevent disease and promote overall health

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