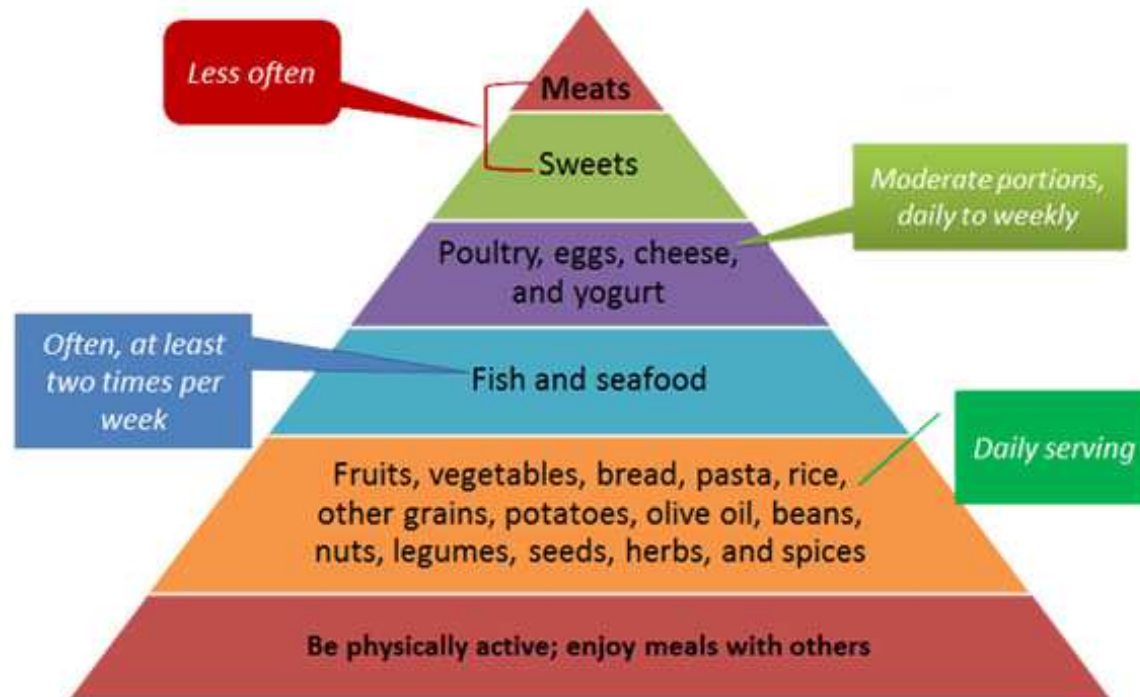


MEDITERRANEAN DIET



A MEDITERRANEAN DIET MEAL PLAN

THERE IS NO ONE “RIGHT” WAY TO DO THIS DIET.
THERE ARE MANY COUNTRIES AROUND THE
MEDITERRANEAN SEA AND THEY DIDN'T ALL EAT THE
SAME THINGS.



The Basics

Eat: Vegetables, fruits, nuts, seeds, legumes, potatoes, whole grains, breads, herbs, spices, fish, seafood and extra virgin olive oil.

Eat in Moderation: Poultry, eggs, cheese and yogurt.

Eat Only Rarely: Red meat.

Don't Eat: Sugar-sweetened beverages, added sugars, processed meat, refined grains, refined oils and other highly processed foods.

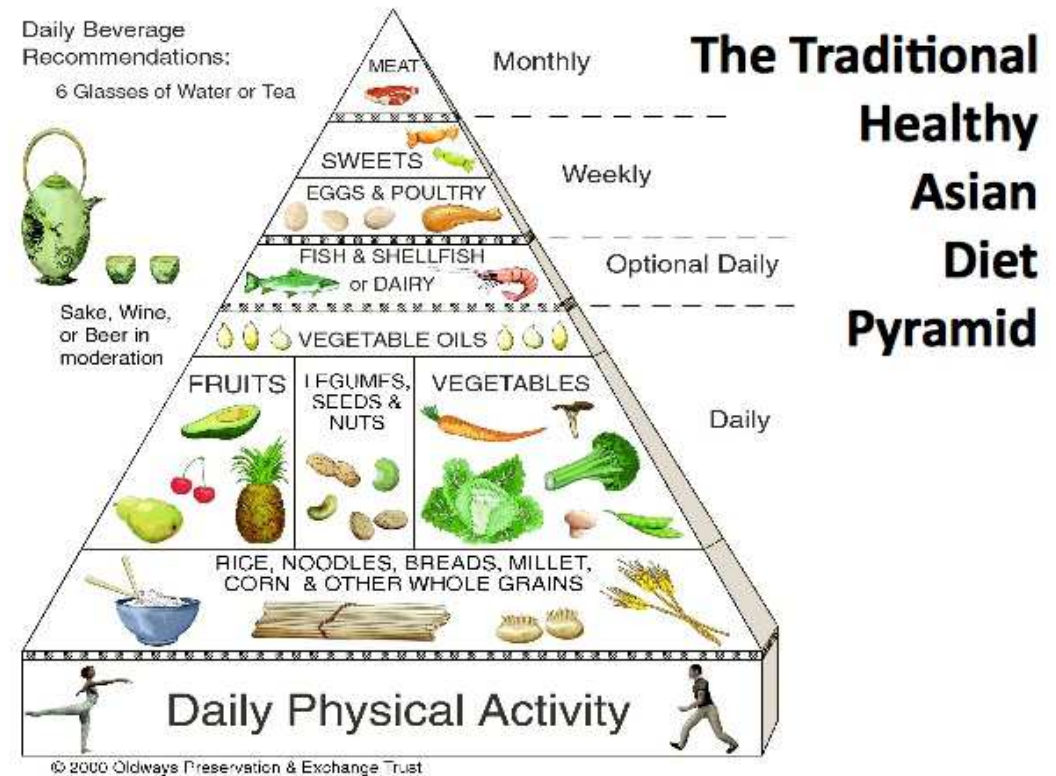
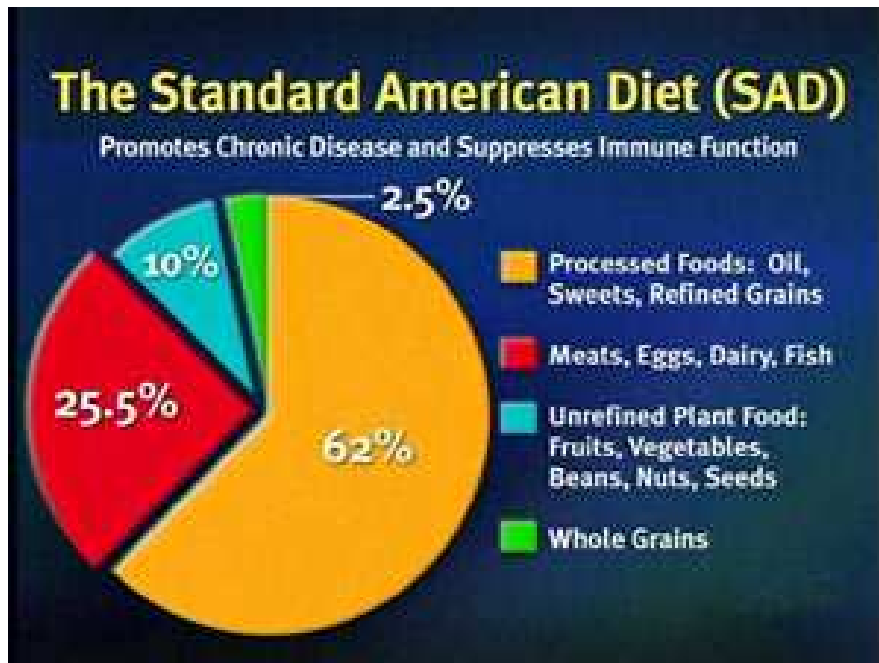
**WHAT ABOUT THE OTHER COUNTRIES? AND
OTHER DIETS? AND OTHER COSTUMES?**





The benefits of consuming insects are multifold, starting with the fact that they're good for you. Consider the following: 100 grams of crickets contains 121 calories. Only 49.5 calories come from fat. Where you really see the nutritional value is in the 12.9 grams of protein and 75.8 milligrams of iron.

CULTURAL DIFERENCES ARE GOOD! BUT WHAT IS HEALTHY AND WHAT IS NOT?



NOW...

Divide yourselves in pairs and think about one culture that you know a little about...

- What kind of food is diferente from the ones you eat here?
- Is it healthy or not?
- Give some examples!!!!

JAPANESE

The traditional food of Japan is based on rice with miso soup and other dishes, with an emphasis on seasonal ingredients. The side dishes often consist of fish, pickled vegetables, and vegetables cooked in broth.



AFRICAN

Traditionally, the various cuisines of Africa use a combination of locally available fruits, cereal grains and vegetables, as well as milk and meat products. In some parts of the continent, the traditional diet features a preponderance of milk, curd and whey products

Depending on the region, there are also sometimes quite significant differences in the eating and drinking habits and proclivities throughout the continent's many populations: Central Africa, East Africa, the Horn of Africa, North Africa, Southern Africa and West Africa



ARABIC

There is a strong emphasis on the following items in Arab cuisine:

Meat: lamb and chicken are the most used, with beef, goat, and camel used to a lesser extent. Other poultry is used in some regions, and fish is used in coastal areas. Pork is completely prohibited for Muslim Arabs

Dairy products: dairy products are widely used, especially yogurt and white cheese.

Herbs and spices

Beverages: hot beverages are served more than cold, coffee being on the top of the list.

Grains: rice is the staple and is used for most dishes;

Legumes: lentils are widely used as well as fava beans and chickpeas (garbanzo beans).

Fruits and vegetables

Nuts: almonds, peanuts, pine nuts, pistachios, and walnuts are often included.



BRAZIL

Brazilian cuisine has European, African and Amerindian influences.¹ It varies greatly by region, reflecting the country's mix of native and immigrant populations, and its continental size as well



ARGENTINE

Most regions of Argentina are known for their beef-oriented diet. Grilled meat from the *asado* (barbecue) is a staple, with steak and beef ribs especially common.

A traditional drink of Argentina is an infusion called mate

A sweet paste, *dulce de leche* is another treasured national food, used to fill cakes and pancakes, spread over toasted bread for breakfast, or served with ice cream. *Alfajores* are shortbread cookies sandwiched together with chocolate and *dulce de leche* or a fruit paste



RUSSIAN

Is necessary to divide Russian traditional cuisine and Soviet cuisine, which has its own peculiarity. Its foundations were laid by the peasant food of the rural population in an often harsh climate, with a combination of plentiful fish, poultry, caviar, mushrooms, berries, and honey. Crops of rye, wheat, barley and millet provided the ingredients for a plethora of breads, pancakes, pies, cereals, beer and vodka. Soups and stews full of flavor are centered on seasonal or storable produce, fish and meats.



MEXICAN

The basic staples remain native foods such as corn, beans and chili peppers, but the Europeans introduced a large number of other foods, the most important of which were meat from domesticated animals (beef, pork, chicken, goat and sheep), dairy products (especially cheese) and various herbs and much spices.

