

A report on
Mediterranean Diet
Weight Loss

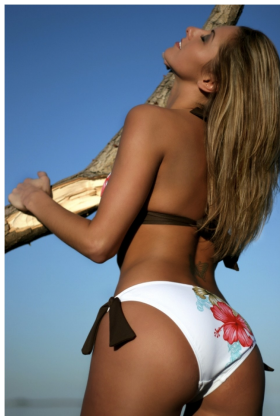
This isn't just about pleasing your taste buds, this is about your WHOLE life!



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How to Lose Weight Safely With A Mediterranean Diet



If you're pursuing a way to lose fifteen pounds in two weeks, a high protein diet, a low carb diet, a fruit diet, a no fat diet, a blood type diet, a juice fast, a diet named after a place in Miami, a grapefruit diet, a cactus diet, a coffee and cigarette diet, a diet that includes sweets, a diet based on your body type, a diet based on an ancient religion or a diet based on your hair color, then this article is NOT for you.

Fancy Fad and crash diets, such as the ones described above are not only unhealthy but they also most often cause rebound weight gain. Also most diets, even though diet gurus write them, cause an initial *weight loss* but the ultimate result is that you gain all of the weight back the minute you go off the plan. If you don't gain it back within a couple of diets, you are likely to gain it all back plus a bit more within a year.

Crash diets dehydrate you, low calorie diets put your body into starvation mode so you plateau so you can't lose one more pound and high protein diets stress your kidneys and clog your arteries.

So how does one lose weight?

There is only one answer to this question.

You need to expend more calories than you are taking in. Restricting certain foods, eating so-called fat burning foods, or dehydrating yourself with special pills or teas does not do it. It is simple math. The only way is to eat a little less and exercise a little more. Here is the equation below:

Eating Less + Exercising More = Weight Loss.

This is not a magical formula, it is just logic. It is also not a fast way to lose weight. As I have mentioned before,

this is not an article about how to lose ten pounds in three days or 30 pounds in a month. It is about safe, healthy weight loss.

In order to lose weight safely and without putting yourself at risk for such health hazards as dehydration, kidney failure, malnutrition, exhaustion, nervous dysfunction, tooth loss, dull hair, wrinkles, cellulite, sudden heart failure or stroke and lose the weight so that it stays off, you should lose no more than approximately two pounds a week!

Although that might not sound like a large amount of weight to lose it actually is! If you lose 2 pounds a week that means you can achieve a weight loss of ten pounds a month! If you only have twenty pounds to lose then your weight loss is not only quite rapid, but you have the extra guarantee that it will stay off because you have followed a sensible exercise plan that did not involve starving, exhausting or depriving yourself. If you are willing to drop your impatience and desire for immediate gratification and stick to an exercise plan and healthy eating habits, then a Mediterranean Diet is for you. Remember being slim is only good if you are able to enjoy it!

Do You Need to Lose Weight?

Fascination with Fat

If you want to lose weight, you first need to assess whether you need to actually lose weight or are simply a fashion victim. Unfortunately this society is fascinated with fat – who has it and who doesn't. As we are persuaded by so many images in the media that persuade us to believe that you can never be too thin, many of us are bad judges of our actual body weight.

If you are under the age of eighteen and reading this book, the first thing you need to do is consult with your parent about your plans to lose weight. Have her make an appointment with a physician so that he can indicate to you whether or not you are a candidate for weight loss.

If you are an adult, it is possible that you may not be overweight and are just trying to be, as Bridget Jones put it in Bridget Jones Diary “a stick insect with eyelashes.” It is also very possible that you know you need to lose weight but have no idea where to start.

If you are obese and you know it, then you have to check with a physician first to see how your health is before you embark on any exercise program or plan. The same is also true if you have any kind of medical condition but especially a thyroid condition or heart condition. Discuss the Mediterranean Diet with them. Some physicians may not recommend a weight loss program for those who are over 40 due to genetics and hormonal changes some people naturally just round out or gain weight in a way that simply cannot be changed. If your doctor tells you your spreading hips are due to menopause or genetics, believe him! It is not clever to fool with Mother Nature.

Mediterranean Diet Weight Loss

Explains Mediterranean diet weight loss in a brief, believable and verified way. When you announce to your co-workers that you're going on a diet, you can almost hear the concerned clucks of sympathy. Oh, dear, poor you. What will you be starving yourself on this time? Will you be screening out carbs so you try to live on bacon and beef and end up drooling at the sight of cakes and donuts? Maybe you'll be limiting yourself to rice cakes, chomping those little round wheels of cardboard? Wait, don't tell me you're doing that Sacred-Heart Soup crash diet? Those things are dangerous!



The Mediterranean diet isn't like that. To see this, one must only attend a Mediterranean restaurant. They aren't as common in the United States as Italian, Mexican, and Oriental restaurants, but you do find one every now and then, and you'll discover a loyal following in every one of them. The Mediterranean diet is no new fad or quick weight-loss scheme like other diets; instead, it's been around for hundreds of years. It's taken science this long to figure out what it is and why it works.

Of all the sixteen different countries which make up the Mediterranean region, many agricultural factors are held in common. They all have hot dry summers, cool winters, and dry light soil. They all have a diet composed chiefly of fresh fruits and vegetables, and consume wine in moderation daily. They all limit the consumption of eggs, dairy, sugars and starches, red meat, and poultry.

Yet the Mediterranean menu is an exciting palette, stimulating especially to the American taste which has been drowned in hamburgers and french fries. The region's delicious pita bread is often enjoyed with a serving of spreads such as hummus and baba ganoush, which are composed of ingredients like eggplant, chick peas, vinegar, and of course a generous splash of olive oil. Salads are also featured prominently, again with a

preference for red wine vinegar and olive oil for dressing instead of the curdled, milky dressings of the West.

Seasonings are low on salt and the traditional Western pepper, but very high in onions and garlic, plus fresh herbs like oregano, basil, rosemary, mint, dill, fennel, and cilantro. Whole grains are preferred to processed ones. Pastas are popular, especially couscous, and other base foods include rice pilaf, plus a strong showing from the legume group including lentils and fava beans. What meat there is is usually lamb, but there's a strong preference for seafood including shellfish, anchovies, sole, flounder, grouper, swordfish, and monkfish. If you're feeling really adventurous, eel, squid and octopus are also fair play here.

Don't forget that Italy is a part of the Mediterranean, too, so Italian food is part of the diet. However, not Italian like Americans eat it. Drop the pizza except small slices for an appetizer, and cut the pasta to about one-eighth, and never serve pasta and bread at the same table.

The Mediterranean diet is a rich menu with endless variety, and in fact the Mediterranean philosophy tends to recommend a wide variety of foods as opposed to limiting yourself to a few things. But anyone who's had shrimp on rice pilaf with pine nuts, a side order of falafel, and some fresh, leafy green tea to wash it down, can attest that the Mediterraneans have a better diet idea than any other culture. In fact, there's no getting around it, these people know how to eat!

Mediterranean Diet – Wonderful & Lousy Reasons for Losing Weight

Lousy Reasons to Lose Weight

“I want to be a size 0.”

“You can never be too thin.”

“I want to fit into the same clothes I wore in high school.”

“I want to be a waif.”

“People will see me as more glamorous.”

“People will see me as more childlike.”

“Thin people are more popular.”

“I want to look like a model.”

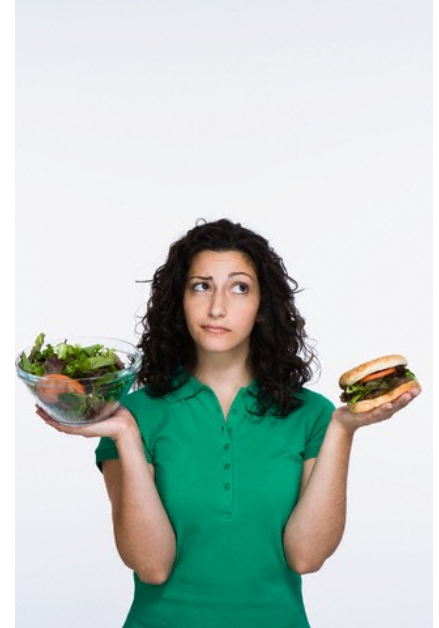
“Every one else is underweight.”

“I want higher cheek bones.”

“People will be nicer to me if I am smaller.”

“Other people tell me I look fat even though I am within the ideal body weight limits.”

“If I lose all of the weight for good, maybe I can stop throwing up after I eat once and for all.”



If any of the comments above resemble your own rationale for losing weight then you don't have a weight problem. But you may well have a psychological problem. You simply might not be mentally or emotionally prepared to handle any weight loss problem. Consult with a qualified therapist to get to the bottom of this issue in case its a cognitive disorder. A cognitive disorder is when someone suffers from a distorted view of herself, the world or how others see her.

Wonderful Reasons to Lose Weight

I want to climb stairs without losing my breath.

I want to be able to fit into a dress I wore a year ago.

I want to play football with my son again.

I want to take up less room when I sit on the bus.

I want to stop avoiding my reflection in shop windows and mirrors.

I want to go swimming and feel comfortable in a swim suit.

I want to go on rides in an amusement park.

I want to feel confident about having my picture taken.

I want to stop choosing restaurants on the strength of their chairs.

I want to define where my chest ends and my waist starts.

I am happy to be any size between 14 and 16.

I want to increase my self-esteem.



I want to reduce the strain on my muscles and back

I want to have better cardio-vascular health

I want to increase my lean muscle mass

I want to increase my flexibility

I want to stop being stared at when I order in restaurants

I want to adopt healthy eating habits

I want to have a waist again.

I want to see my feet again.

I don't want to snore so loudly.

I am borderline diabetic.

I don't want to burden my family with my future medical costs

I want to change my lifestyle so I am healthier.

I want to decrease what I pay on my health insurance.

I want to be alive to play with my children or grandchildren.

There are many ways to proceed with weight loss, but none better than the safe and easy path. Nutrition and a planned approach are all important. Think carefully before jumping in and you will succeed.

Mediterranean Diet - The Natural and Easy Weight Loss Diet



Many people today are interested in losing weight to look better. We all want to find an easy weight loss diet and we sometimes (often) pick the wrong type. But if you want to look and feel better, the Mediterranean Diet is the best easy weight loss diet to try.

With all the skinny models grazing the covers of magazines, it is easy to understand why a lot of people look for an easy weight loss diet.

Although there are really some effective easy weight loss diets, we are all prone to immersing ourselves into the wrong type of easy weight loss diet. These are the types of diet that can weaken us and cause some health problems.

Now, trust me, I've gone through my fair share of easy weight loss diet plans but among all these diets, the most effective this far is the Mediterranean diet.

One of the leading problems in the US today is obesity and many other eating disorders. This is easy to avoid as long as you know choose your food and diet wisely.

If you are new to easy weight loss diets, I can tell you right now that there aren't really any diets that would cause you to "lose this number of pounds in that number of days" or something. Well, no safe diets, at least.

Right about now, I could hear you saying "But you said that the Mediterranean Diet plan is an easy weight loss diet."

That's true, it really is. But my definition of easy is not measured in terms of days or weeks needed to lose weight. In this case, "easy" pertains to the level of effort that you need to lose weight.

Ask anyone who has ever tried it, the Mediterranean diet is really easy to maintain and understand.

Some background: Just by its name, you would know that the Mediterranean diet is based on the diet of the people living near the Mediterranean Sea. Overall, there are 16 countries in this region and all have proven to be healthier than most countries.

Studies and statistics have also shown that they live significantly longer than most people. Imagine that? It's almost as if the Mediterranean diet is the fountain of youth, eh?

The Mediterranean Diet: The unique thing about the Mediterranean diet is that it isn't just another easy weight loss diet. In fact, weight loss is just a side effect or by-product of this diet.

A Mediterranean diet is mainly composed of fresh and unprocessed food, so this means that your body won't be consuming the fats or harmful chemicals from factory-produced and manufactured food.

How it Works: As mentioned earlier, the Mediterranean diet is only considered by many as an easy weight loss diet because it's an effortless way to lose weight.

To further prove the effectiveness of a Mediterranean diet when it comes to weight loss, a recent study by Dr. Sharon Orrange, MD shows that the Mediterranean diet offers a three-fold solution to obesity. Aside from being an easy weight loss diet, the Mediterranean diet has been proven to help protect the heart and the brain.

What to Eat: According to Dr. Orrange MD, to make the Mediterranean diet your very own easy weight loss diet, there are five main points to remember:

1. Use extra virgin oil in meal preparation instead of margarine or butter.
2. Do not eat a meat-only dish or meal
3. Fast foods or junk foods are a big no-no.

4. Avoid or totally refrain from drinking processed drinks like sodas and powdered juice drinks.
5. Manufactured or processed foods must be refrained from- at all times.

Healthy Weight Loss

When you think about it for a minute or less, you can quickly decide which is the right way to go, rapid weight loss (where you have a chance of internal injury) or a progressive healthy weight loss program. The evidence is so easy to find to support this statement. Not many can say the same for man and medicine. There've been far too many lives damaged or lost due to harsh weight-loss procedures. Fen Phen—the once popular diet drug is a good example.

I once read an article which suggested I read the warning labels on common over-the-counter weight-loss medicines and be prepared to be shocked: “Users may experience abdominal pain, pounding or irregular heartbeat, severe headaches, severe vomiting, severe nervousness, severe restlessness, convulsions, seizures, hallucinations, hostile behavior.” Phew thats quite frightening especially when we all know we only get one body to carry out this life with – right?!

Fortunately you wouldn't be reading this article if you haven't already at least half made a decision to enter into a healthy diet program for weight loss.

Synthesized and damaging components to force unnatural weight loss are questionable to say the least. More and more conscientious doctors and nutritionists are pointing people toward healthy diets that steer us back to ingredients which involve vegetables, grains, fruits, plenty of water, vegetable oils (olive oil preferably) rather than swing them toward scripts for diet tablets and surgery. Only recently have we begun to realize that a healthy weight loss diet, consistent low impact exercise, healthy lifestyle, pure water, and other simple elements are essential for anyone desiring to lose extra pounds. All too often man and medicines approach has injured lives, organs, and even the spirit of its victims.

One such diet which has been under research and the microscope for good while now and is proving to be one of



the most outstanding re discoveries for tens of years is the age old Mediterranean diet. It's now well known amongst food researchers, professors and doctors as being filled with live foods rich in vitamins, minerals, enzymes, and thirst-quenching liquids; antioxidants and more; this together with plentiful rest; exercise; and sunshine has proved to be not only easy to follow but extraordinarily tasty. Imagine that, a healthy weight loss diet that's tasty. We are not talking about a hefty family size pizza here either. The traditional Mediterranean diet is now plauded as being responsible for the longevity, minimal levels of cancer and [heart disease](#) among regional Mediterranean people.

The closer we live to nature, the healthier we become. The further we live from nature, the more toxic we become. Toxicity retards body functions and depletes reserves. This of course contributes to weight gain.

Let's look at some of the important factors that make up a healthy weight loss diet for you to remember;



1. **Digestion Is Key** -Enhance digestion with digestive enzymes.
2. **Ensure Proper Elimination** -If you're not having 1 to 2 bowel movements every day, find a natural fibre rich diet that will help and soon.
3. **Drink Pure Water** - You need 7 to 8 glasses of purified water daily to flush the kidneys, bladder, and urinary tract. This is absolutely essential during weight loss.
4. **Enjoy Exercise** -Cardio (movements that increases heart rate) is also critical for weight loss. Panting and sweating enhance mood, mind function, alertness and memory.
5. **Strengthen the Thyroid Gland** -Make sure the thyroid gland is not slow (hypoactive). Iodine is one

of the best nutrients for your thyroid gland.

6. **Find a traditional Mediterranean Diet** list of recipes and steer away from processed foods.
7. **Stay on the path of vegetables** , fruits, grains, fish with little red meat and reduce your egg intake if your eating eggs every day. Eat nothing deep fried. Red wine is fine but in small quantities (1 to 2 glasses per day)

The Mediterranean Diet Now Linked to a Flat Belly

The Mediterranean Diet is now being touted as the basis for a flat belly. The premise for this weight loss plan is that the mono-unsaturated fats (MUFA's) that are so rich in the traditional Mediterranean foods are fantastic for eliminating abdominal fat and increasing the pleasant feeling of fullness at the end of a meal. This diet offers a wide variety of healthy foods, incorporates the basic Mediterranean eating habits, along with calorie counting. Best of all, those who like to indulge in dark chocolate are able to do so. Sound too good to be true?



Who is suited to the diet

- those looking for a healthy weight loss plan that promotes fat loss.
- those seeking a wide variety of health giving foods in their diet plan.
- those looking to lose their muffin tops, spare tyres, bloating, or middle age spread.
- those who are happy to count calories.
- those who love Mediterranean cuisine.
- those who cannot give up their chocolate fix.
- those who do not want to give themselves kidney failure.

What you can eat

Basically, each calorie counted meal will have a food from one of the MUFA categories. The MUFA categories are:

- dark chocolate.
- avocado.

- olives.
- seeds and nuts including pumpkin seeds, sunflower seeds, sesame seeds, including tahini, almonds, cashews, Brazil nuts, hazelnuts, macadamias, pine-nuts, pecans, peanuts, peanut butter, and walnuts.
- oils preferably olive (extra virgin is best), flax seed, canola, pesto, peanut oil, walnut oil, safflower, sunflower, and sesame oils.

Salt is to be avoided. Lemon juice and fresh herbs should be used as taste enhancers.

One jug of Amrita is to be consumed daily. (Recipe at bottom.)

3 meals and 1 snack daily ensuring that each meal contains 1 MUFA group.

The balance of the meal plan works along the Mediterranean concept: plenty of fresh fruits and vegetables, whole grains, and a restricted amount of red meat.

How the diet works

MUFA's increase your sense of satiety after a meal, leaving you feeling fuller for longer. The better the satiety content of a food group, the less hungry you become, and the less you feel like you are being deprived. The fuller you feel, the less likely you will cheat, and the more successful your diet will be.

MUFA's are supposed to be good at aiding in eliminating excess tummy fat.

Reduced calorie intake. Calories are reduced to 1,600, or 6,700 kilojoules, daily.

The 4 day drastic version limits calories further, down to 1,250, or 5,000 kilojoules daily. The 4 day kick-start program is great for getting started or flattening that tummy out for a special occasion.

Consuming 2 litres, or 8 cups, daily of herb flavored water.

Sample Diet Menu (1,600 calories, or 6,700 kilojoules, daily.)

Day 1

* *Breakfast*

1 slice 100% wholewheat toast with 1 tablespoon peanut butter.

1 cup low fat plain Greek yogurt with 1 cup berries.

* *Lunch*

85 g, or 5 ounces, salmon steak grilled with 1 1/2 cups steamed green beans and 2 tablespoons almonds.

* *Dinner*

Cook 200g, or 12 ounces, of sliced chicken breast with 1/2 cup pine nuts, 1/4 cup fresh basil and 3 cloves garlic.

Add 100g, or 6 ounces, of cooked wholemeal pasta with 1 and 1/2 tablespoons extra virgin olive oil, and 75g, or 4 ounces, of sun dried tomatoes.

Serve chicken on pasta.

* *Snack*

1/2 avocado topped with 1 tablespoon walnuts, chopped.



Day 2

* *Breakfast*

1 cup Rice bubbles with 1 cup skim milk.

1/4 cup sunflower seeds.

1/2 cup, or 4 ounces, pineapple.

* *Lunch*

1 slice wholemeal bread with 1 tablespoon pasta sauce, 2 slices pepperoni, 1/4 cup chopped black olives, topped with 1/2 cup shredded cheese.

* *Dinner*

1/2 cup red potatoes baked and coated with olive oil.

1 cup steamed green beans.

4 ounces grilled tilapia.

* *Snack*

1 cup capsicum (red pepper) sliced.

1/4 cup hummus with 2 tablespoons pine nuts added.

Day 3

* *Breakfast*

1/2 cup cherries (can use frozen) stirred into 1 cup fat free Greek style yogurt, add 1/4 cup whole oats.

* *Lunch*

1 slice sesame bread with 1 slice provolone cheese, 50g, or 3 ounces, tuna packed in spring water, and 2 tablespoons sunflower seeds. Can grill to taste.

* *Dinner*

Combine 1/4 cup cooked wholewheat pasta (preferably organic) with 1 tablespoon extra virgin olive oil, 2 tablespoons sliced onions, 1/2 cup baby spinach, 1/2 cup pasta sauce, 2 tablespoons low fat cheese, and 1/4 cup low fat ricotta cheese.

* *Snack*

Hot oatmeal made with skim milk and topped with 2 tablespoons almonds and 1 cup berries.

Day 4

* *Breakfast*

1 organic waffle containing flax seed oil. (Alternatively, spread 1 tablespoon flax seed oil over plain waffle.)
Sprinkle with 1/2 cup sliced banana, 2 tablespoons pecans, and sprinkle with nutmeg and cinnamon to taste.

* *Lunch*

1 cup steamed carrots.

50 g, or 3 ounces of tuna packed in spring water.

1 piece reduced fat string cheese.

* *Dinner*

4 corn tortillas, warmed.

Fill evenly with 1/4 cup salsa, 1/2 cup baby spinach, 1/4 cup mashed avocado, and 1/2 cup lean grilled mince.

* *Snack*

1 cup skim milk blended with 1 cup berries, fresh or frozen. Add 1 tablespoon cold pressed flax seed oil.

* *Amrita Recipe*

2 litres, or 8 cups, of water

1 lemon, thinly sliced

1 cucumber, thinly sliced and peeled

12 fresh mint leaves

1 teaspoon grated fresh ginger

Place all the ingredients into a water jug. Store in fridge overnight to enhance the flavors. The whole jug

needs to be drunk the next day, having at least 1 glass with each meal, and the rest throughout the day.

How much weight will you lose?

This weight loss plan claims the average person can lose up to 14 pounds, or 6 kilos, per month on the 1600 daily calorie intake.

Conclusion

At the very least, this weight loss plan encourages a broad range of healthy ingredients. The Mediterranean Diet is well known for its health giving benefits. Olives, dark chocolates, what more could a dieter ask for? Lose a few inches around your waist, and embrace a healthier eating plan. A win-win diet situation. If these ingredients turn you on and you think you would like to know more about using a healthy diet, here's where you can download details, recipes, diet charts and a 28 diet plan on the Mediterranean diet.



You and I both know the Mediterranean diet is getting a lot of healthy press (*excuse the play on words there*) and that's for many reasons.