By the Sea

The benefits of a Mediterranean-style diet.

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The results are in: The Mediterranean diet—a regimen of mostly fruits, vegetables, whole grains, beans, dairy, olive oil, red wine and fish—is great for your health. Even the fats in these foods are good for your heart and can cut the chances of developing Alzheimer's and some cancers.

These tips will get you started:
Add 2 tablespoons of nuts high in omega-3s, such as walnuts, pecans and almonds, to your cereal, stir-fry, salad or yogurt.
Drink one glass (5 ounces) of red wine daily if your doctor has said you can have alcohol.
Use extra virgin olive oil or canola oil to sauté your vegetables or use as a salad dressing.
Eat a variety of whole fruits and vegetables every day.
Switch to low-fat dairy products, such as skim milk and reduced-fat cheese.
Consume less red meat and say yes to fish—just don't fry it!

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http://beta.docker.realhealthmag.com/article/mediterranean-diet-nutrition-16713-8075