

US News & World Report Health: Mediterranean Diet Is The #1 Diet In 2020

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Athens, Greece based Gourmante, a leading Mediterranean Lifestyle brand, is pleased to announce that the US News & World Report Health has voted the Mediterranean Diet as the #1 diet in 2020 once more. In fact, the company asserts that this is not surprising as it offers a host of health benefits, including weight loss, heart and brain health, cancer prevention and diabetes prevention and control. Learn more here: Mediterranean Diet Voted #1 For 3rd Year In A Row!

According to a published article from the Medical News Today website, many health professionals recommend a Mediterranean diet to help ward off disease and keep people healthy for longer since it emphasizes the consumption of fruits, vegetables, and whole grains while focusing less on dairy and meat. A traditional Mediterranean meal typically includes a generous portion of fresh produce, whole grains, and legumes as well as healthy fats and fish.

A recent study published in Nutrition & Diabetes concluded that following a Mediterranean diet is

associated with lower levels of weight gain and less increase in waist circumference. Meanwhile, a 2019 study from The Lancet Diabetes & Endocrinology journal found that people who followed the Mediterranean diet with nuts saw a difference in waistline over a 5-year period. According to mindbodygreen.com, the Mediterranean diet has also long been praised for its wide-ranging health benefits, from improved heart health to a reduced risk of cancer. In fact, a 2013 PREDIMED study found that people who ate a Mediterranean style diet rich in olive oil and nuts had a significantly lower risk of experiencing a major cardiovascular event such as a heart attack or stroke. These people also had fewer cardiovascular disease risk factors such as central obesity.

In line with promoting the Mediterranean Lifestyle and way of living, Gourmante has launched its blog "Mediterranean Living Magazine" that focuses on health, beauty, lifestyle, and nutrition?The Med Way. A recently published blog post on the website, 5 Easy Ways to Eat the Mediterranean Way, discusses a set of methods to get started with eating like a Mediterranean local. Written by company nutritionist Annamaria Louloudis, the article recommends switching to olive oil because it offers many health benefits, including a high proportion of monounsaturated (heart-healthy) fats and antioxidants from polyphenols. Studies have also shown that consuming olive oil decreases the risk of having serious heart disease, reduces overall inflammation and prevents premature aging and other diseases.

Louloudis also highlights the importance of eating a variety of produce, such as fruits and vegetables. They can be eaten cooked or raw, preferably with olive oil, to get a wide variety of vitamins, minerals, and healthy oils into a person?s system. She further states that eating fresh fruits with a little cheese and yogurt promotes healthy digestion since they are rich in fiber and good bacteria. She recommends choosing lean meats as a good source of protein. It is advisable to go for chicken, turkey, lean beef and fish since these types of meat are high-quality protein with less saturated fats.

Finally, Louloudis points out that all types of processed foods must be avoided at all cost. These include chips, sodas, muffins, cookies, ice cream, etc. Read the Gourmante Mediterranean Living Magazine to learn more about the Mediterranean Diet and its wide range of health benefits.

Gourmante is a leader in producing authentic Mediterranean Herbal Food Supplements based on Mediterranean origin, bio-active olive fruit, olive oil, and olive leaf polyphenol extracts. Developed in partnership with a Greek pharmaceutical company and research laboratory?and backed by strong scientific evidence?the company?s formula provides cardiovascular support in a safe, easy and standardized manner. Gourmante?s mission is to promote a healthier lifestyle by offering authentic, high quality, natural and safe products to help people live healthier, happier and longer. The company also points out that its products are produced with high-quality raw materials in Italy, which has the highest consumption in food supplements in Europe and top of class know-how in producing such products.

Complete details can be found on the company?s website. Interested parties may also check out Gourmante?s Press Advantage page to explore Gourmante?s team of expert health professionals, nutritionists, dieticians and other key company members. Furthermore, social media users may connect with Gourmante through their official pages on Facebook and Instagram to stay up to date with their latest news and important announcements.

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Gourmante

Gourmante's mission is to promote the healthy Mediterranean Lifestyle, offering authentic, high quality, natural & safe products to help people live healthier, happier & longer.

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