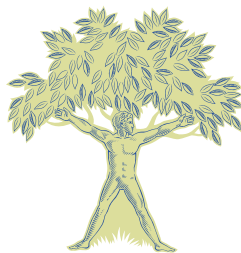


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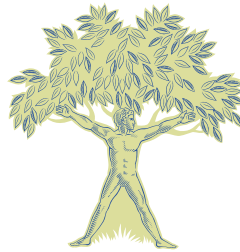


*Enjoy Good Food*  
*Enjoy Good Health*

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## A CONSULTATION AID





*Enjoy Good Food  
Enjoy Good Health*

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## A CONSULTATION AID



*Financed by the  
European Community*



# Enjoy good food, enjoy good health

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HEALTHY FOOD IS NOT  
NECESSARILY BORING...

...on the contrary, the  
Mediterranean way of eating  
is a good example of a  
delicious, balanced and  
healthy diet

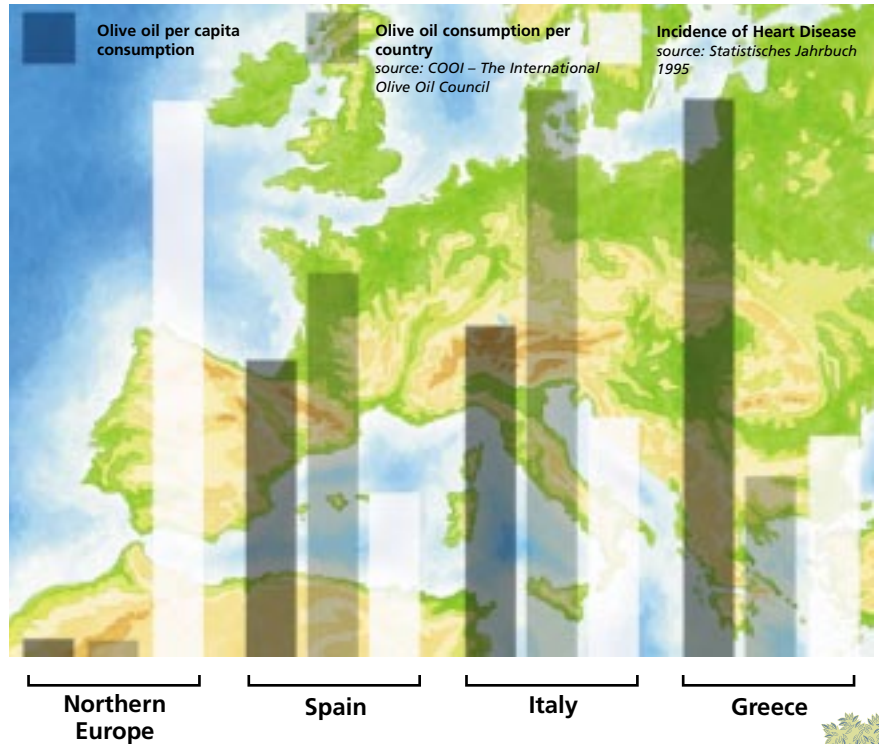


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*Enjoy good food, enjoy good health*

# Protecting against serious diseases

- ✓ It is believed that it is thanks to the Mediterranean diet and olive oil that people suffer less from heart disease in the Mediterranean countries
- ✓ There is also growing scientific evidence that this type of diet helps protect you against diabetes, excess weight and some cancers, such as breast, and colon cancer



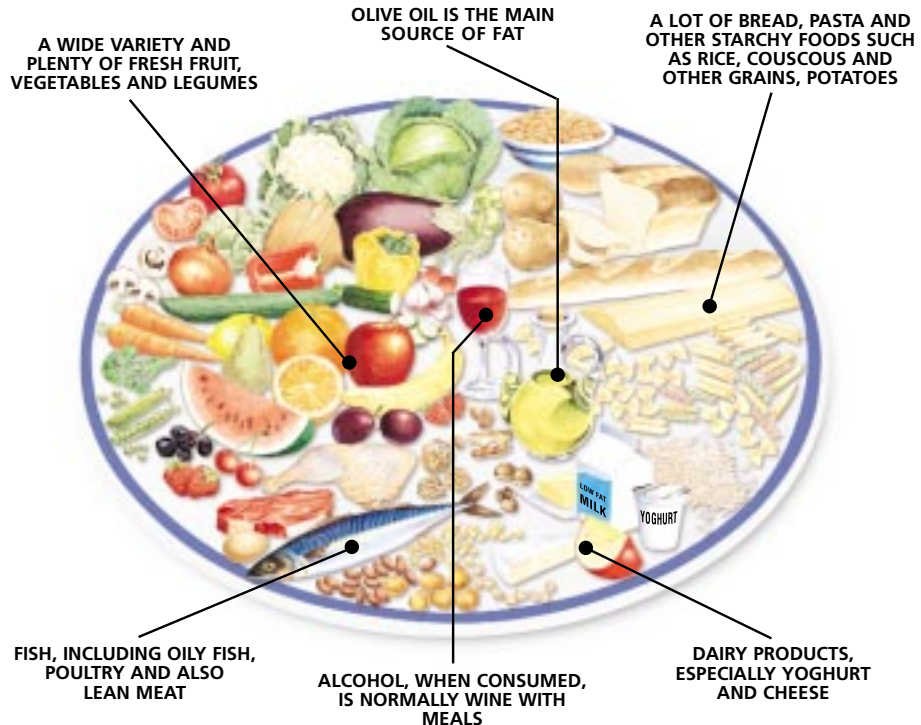
# What is the Mediterranean-style diet?

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The Mediterranean-style diet is full of delicious, natural foods prepared in a simple way and easily adapted to the personal taste

The large number of different foods it contains is an important part of its health giving properties

IT IS ALSO ABOUT ENJOYING YOUR FOOD!



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# How does it work?

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**FRUIT, VEGETABLES AND LEGUMES PROVIDE:**

- ✓ fibre
- ✓ important minerals and vitamins, including antioxidant vitamins and other bioactive health beneficial substances

**STUDIES SHOW THEY HELP TO:**

- ✓ protect against heart disease and cancer

**TRY TO EAT SOME VEGETABLES OR FRUIT  
AT EVERY MEAL OR SNACK – THIS WILL  
ALSO HELP CONTROL THE NUMBER OF  
CALORIES IN YOUR DIET**



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*Enjoy good food, enjoy good health*

# How does it work?

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BREAD AND CEREALS, PARTICULARLY  
WHOLEMEAL VARIETIES, PASTA, RICE,  
POTATOES PROVIDE:

- ✓ complex carbohydrates and fibre
- ✓ vitamins and minerals

THEY ADD VARIETY TO DISHES  
AND SATISFY HUNGER HELPING  
TO CONTROL CALORIE INTAKE

THEIR FIBRE CONTENT HELPS TO KEEP YOUR  
BOWELS REGULAR AND IS IMPORTANT IN  
PREVENTING COLON CANCER



# How does it work?

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## OLIVE OIL IS THE MAIN SOURCE OF FAT

Olive oil is high in a healthy type of fat called 'monounsaturated fat'. This helps to:

- ✓ reduce the 'bad' or LDL cholesterol in your blood
- ✓ keep up the level of 'good' or HDL cholesterol in your blood
- ✓ keep a healthy balance of good and bad cholesterol

Monounsaturated fat and the antioxidants contained in olive oil help to prevent your arteries 'furring up' and reduce the risk of heart disease or a second heart attack

Olive oil may also protect against some cancers

**CHOOSE OLIVE OIL TO PREPARE AND ADD  
DELICIOUS FLAVOUR IN YOUR FOOD**



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# How does it work?

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## FISH, POULTRY AND LEAN MEAT

- ✓ provide proteins necessary for many vital functions and a healthy body
- ✓ important vitamins and minerals

## LOW FAT MILK, YOGURT AND CHEESE

- ✓ are just as rich in calcium, protein and B vitamins as higher fat versions

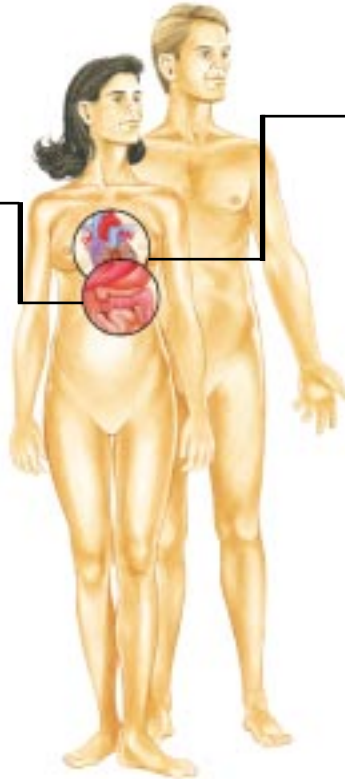


# The benefits for your health

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THE MEDITERRANEAN-STYLE DIET  
WILL HELP PROTECT YOU AGAINST:

- ✓ heart disease
- ✓ having a second heart attack
- ✓ diabetes
- ✓ excess overweight
- ✓ some cancers, such as breast and colon cancer



IT DOES THIS BY:

- ✓ lowering blood cholesterol
- ✓ lowering blood pressure
- ✓ controlling body weight
- ✓ preventing blood clots
- ✓ protecting the body against free radicals



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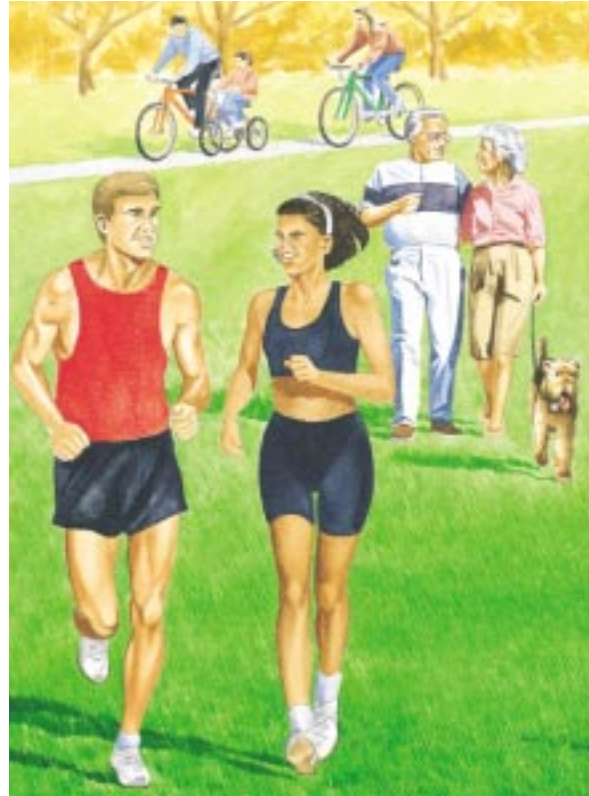
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# **A healthy diet is an essential part of a healthy lifestyle**

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OTHER STEPS TO A HEALTHY BODY ARE:

- ✓ Taking regular exercise that suits you – for instance walking, cycling or swimming
- ✓ Keeping to a healthy weight
- ✓ Avoiding smoking
- ✓ Making time for you, reduces stress



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## The charity for people with diabetes

Over 1.4 million people in the UK have diabetes and another 1 million probably have the condition but don't know it.

To find out more about diabetes and how to support Diabetes UK, please call (freephone) 0800 585088 for the free leaflet *Understanding diabetes*. **Please quote OLIVE when ordering.**

Please see below some of the other publications Diabetes UK produces that may be of interest. These can be ordered by calling (freephone) 0800 585088 and quoting the code listed below:

Code		Cost
2026	Managing your weight – A balanced approach	£4.95
2025	Creative recipes for all occasions	£4.95
2027	Festive foods and easy entertaining	£4.95
8011	Food choices and diabetes	£1.80
8009	Sweetener guide	£1.80
8000	Catalogue of all Diabetes UK publications	FREE

If you would like to speak to someone regarding any aspect of diabetes, please telephone **Diabetes UK Careline on 020 7636 6112** (Monday to Friday 9am to 5pm).

10 Queen Anne Street, London W1G 9LH

**Telephone** 020 7323 1531 **Fax** 020 7637 3644 **Email** [info@diabetes.org.uk](mailto:info@diabetes.org.uk) **Website** [www.diabetes.org.uk](http://www.diabetes.org.uk)

Registered charity no. 215199



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