Matthew Wong June 5th, 2018

Fad-diets (Mediterranean)

So, right now we are going to talk about diets. The one I will be talking about today is the Mediterranean diet. The diets origins are actually lost due to the increase of power of the Romans. The Romans eating habits at the time was: bread, wine and oil. The Mediterranean diet consists of: “seafood, nuts and legumes, fruits and vegetables, whole grains and olive oil” (Strong 2018). As you can see, the Romans eating habits had a huge influence on the Mediterranean diet. This happed due to again, the rising power of Romans, and also Romans used the towns of the Mediterranean people to meet with Greek.

The Mediterranean diet stands out from the others due to variation and proportions. They really care about different types of food used and how much you eat in this diet, and because of this, the risk of heart disease is lowered. This is due to the lower levels of oxidized low-density lipoprotein (lDL) cholesterol, the bad cholesterol. This diet is also considered to reduce cancer, and parkinson’s and alzheimer’s diseases. With this in mind of the people, everyone went to this died, because it can prevent very serious illnesses and diseases. Everyone doesn’t want cancer, and parkinson’s (as well as alzheimer’s) is very deadly. So, the diets popularity mostly came from knowing what it can prevent. These long-term health benefits are really good, and its really nutritional too.

“For these reasons, most if not all major scientific organizations encourage healthy adults to adapt a style of eating like that of the Mediterranean diet for prevention of major chronic diseases” (Mayo clinic staff 2017).

As much as their good sides, every diet has its bad sides. For one, it’s a really big commitment to use this diet. You can’t just follow it for a few months, this is basically a whole life routine. Another is affordability. I don’t know too much about pricing on foods, but I do know its very expensive. Fruits and Vegetables aren’t exactly cheep, same goes for thee seafood and olive oil. Furthermore, have you actually seen the “exact” amounts of food? The diet says the words “low to moderate intake, abundance… does not give exact amounts” (Holbrook 2017). What this quote means is that the diet never goes into a detail servings and how often do you eat a certain food. Lastly, The diet consists of “moderate” consumption of wine. This can actually cause health problems to some people with elevated triglycerides or who have pancreatitis.

My personal intake, it really depends on who I’m recommending it too. If the person doesn’t really commit to anything, then I wouldn’t recommend. If it was a person does commit, then yes I would recommend. What foods does this person like? How much money do they spend? What was their normal eating routine? All of these questions above changes my answer. Do I think it’s a diet I would do? No, but for others it may be their saving grace. It sounds like a healthy diet, but you never know for sure unless you try, which is something I’m not doing in the future. All in all though, it sounds to be a good diet with more rewards than risks.

Cations:

<https://www.everydayhealth.com/food/the-10-most-famous-fad-diets-of-all-time.aspx>

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<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801>

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