

A Mediterranean-Style Diet for Americans (a.k.a. The Dr. Z Diet).
For an up to date look at what Dr. Zacharias is doing please visit
www.doctorzdiet.com

What is a Mediterranean-style diet?

There is a two part answer to this question. First, the diet emphasizes high intake of foods which have proven, favorable effects on the body. Second, the diet minimizes intake of foods which have proven, adverse effects on the body.

HIGH INTAKE: Vegetables; Nuts and Legumes; Fruits; Whole Grain Carbohydrates; Plant Oils (olive oil, grape seed oil, nut butters); Protein from Nuts and Nut Butters, Beans, Tofu and Fish sources; occasional Dark Chocolate; Moderate daily alcohol.

REDUCED INTAKE: Meat and Dairy Products (white meat poultry and fat free dairy such as skim milk are okay).

AVOIDANCE: Simple and refined sugars, processed foods, high fructose corn syrup containing products, trans fats, large amounts of animal fats such as most red meats (occasional and moderate amounts aren't really the problem).

Sounds pretty simple, and it is! A key concept is that your body is an amazingly resilient machine that, if more often than not presented with a preponderance of healthful food, will effectively fight off undesirable diseases and problems.

What has a Mediterranean-style diet been shown to do in large clinical studies?*

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| 1. | Prevent Alzheimer's Dementia | -up to 50% reduction. |
| 2. | Prevent Heart Disease and Stroke | -up to 70% reduction. |
| 3. | Prevent Obesity and Help Weight Loss | -up to 50% reduction. |
| 4. | Prevent Diabetes and Hypertension | -up to 70% reduction. |

What about Children?

A Mediterranean-way of eating has been proven to reduce obesity, prevent asthma and autoimmune disorders, and prevent pre-atherosclerotic changes in major arteries in children.

* All references for these studies are available at www.bouldermedicalcenter.com, follow the links to: Dr. Z Diet.

These numbers are incredibly powerful. I am not aware of any medications that come even close to these levels of reduction for these diseases. This is consistent with the old adage "You are what you eat."

How do I, with my crazy busy American-way of life, eat a Mediterranean-style diet for my health?

Good question. Let's try to take the best dietary information we have and formulate some simple ideas as a solid starting foundation. You can always obsess over achieving perfection later, but getting started with a "close-enough diet" is priority one. You can visit my web site for much more information later on.

A. Breakfast- Whole grain cereals with added almonds, walnuts, raisins or other fruit, and skim or soy milk; Oatmeal with the same; Whole grain toast with added almond or peanut butter; Egg whites or egg substitute cooked in olive, grape seed, or canola oil; Whole -grain waffles or pancakes with fresh fruit; Smoothies of blended fruit, fat free yogurt/skim milk/soy milk, plus, if desired, almond or peanut butter—yummy!

B. Lunch- Whole grain bread or whole grain crackers with added almond or peanut butter (carry these with nut butter squeeze packs for quick lunch anywhere, that's what I do for 50% of my lunches); Whole grain bread with lean turkey and sides of carrots, apples, oranges, raisins, or other fruits and veggies; most all vegetarian dishes or dishes with fish or skinless poultry.

C. Snacks- Sliced apples, carrots, etc. with almond or peanut butter; Fresh or dried fruit, Smoothies (see breakfast), Nut butter packs.

D. Dinner- Rule #1-Do not do anything idiotic. Look at the list of things to avoid and keep your brain on full-power mode when making dinner choices, especially if eating out. Also, you can very easily substitute or add healthful foods from the above list of "High Intake" foods to any recipe or dinner items to keep your intake of healthful foods up.

Final Point:

Healthful eating is great for you, is great tasting, and can be easy to incorporate into your busy life. This Dr. Z Diet, an Americanization of a Mediterranean-way of eating, is outlined in great detail at www.bouldermedicalcenter.com and will be fully discussed in the upcoming handbook: The Dr. Z Diet. Please think of eating for your health to be a long-term strategy of optimizing your exposure to healthful nutrients, of minimizing your exposure to harmful foods, and of doing the best you can (don't quit just because you have a bad meal or food item every now and then!).

Peace, and healthful tidings,

Eric Zacharias, M.D.

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