What is the Mediterranean Diet?

- Every meal has a base of fruits, vegetables, and whole grains (whole wheat bread, brown rice, and quinoa).
- Also a heavy emphasis on olive oil, beans, nuts, legumes (lentils, dried peas, and beans), seeds, herbs and spices.
- Eat fish at least twice per week.
- Eat cheese and yogurt in moderation.
- Eat moderate portions of poultry and eggs every 2 days or weekly.
- Eat red meat sparingly, and limit to 3 oz. when you do.
- Drink plenty of water.
- Exercise at least 30 minutes per day, and enjoy meals with others.

What are the benefits of Mediterranean Diet?

The Mediterranean diet is a great example a general healthy diet. The recommendations for this diet are beneficial for everyone. Most of the diet advice that health professionals will tell you are based on components of the Mediterranean diet. The Mediterranean diet is great for weight management. It’s focus on fruits, vegetables, and whole grains make sure that you are eating more fiber which helps you feel full faster and stay full longer. This also means you are eating less calories and more healthy fats. Since it is high in fiber, it is also is good for digestion and GI health.

The Mediterranean diet is successful because it focuses on anti-inflammatory foods (like fruits, vegetables, and legumes), while decreasing proinflammatory foods (like processed foods and saturated fats). Most chronic conditions like heart disease, Crohn’s, and diabetes are caused by inflammation, so
eating a diet high in anti-inflammatory foods can both decrease your risk of developing one of these conditions and improve outcomes once diagnosed. The diet puts an emphasis on foods that are rich in antioxidants, vitamin D, calcium, and omega-3 fatty acids. The Mediterranean Diet is often recommended as a heart healthy diet to reduce the risk of heart disease. It has been shown to lower LDL cholesterol (or “bad” cholesterol that is more likely to build plaque in the arteries). In general, this diet supports a long healthy life, but if you still aren’t convinced there is evidence that it can reduce the risk of heart attack, stroke, Alzheimer’s, rheumatoid arthritis, certain cancers (such as breast cancer, colorectal cancer, and prostate cancer), and reduce the incidence of flare ups with Crohn’s or Ulcerative Colitis.

**Following this diet when eating out at Georgia State University is easy!**

There are Med Diet options at all three dining halls, and at almost every restaurant on and around Georgia State University campus. Even if you’re not following the Med Diet, Med Diet foods are healthy and great for everyone! Check out what to order at your favorite restaurants and cafes (and pick the same items when at Patton, Piedmont Central, or Piedmont North!):

**ON CAMPUS:**

- Panther’s Club (Student Center West 4th floor) – grilled salmon, grilled chicken, tuna salad, custom salads, oatmeal, whole wheat veggie sub
- Ray’s New York Pizza (Student Center West 1st floor) – Greek and house salads
- The Courtyard (Student Center East 1st floor) – sushi, veggie burgers, wraps, yogurt, fresh fruit, salads
- Panther’s Corner Café (Kell Hall 1st floor) – yogurt parfaits, fresh fruit cup, fresh vegetable cup, salads
- Centennial Café (Centennial Hall 1st floor) – crab salad wrap, salads, yogurt parfaits, fresh fruit cup, fresh vegetable cup
- Miss Demeanor’s (College of Law 5th floor) – crab salad wrap, salads, yogurt parfaits, fresh fruit cup, fresh vegetable cup
- Slice (CTC Bank Building 1st floor) – caprese, veggie sandwich, salads
- Kenley’s (CTC Bank Building 1st floor) – baked fish, grilled fish and shrimp, veggie burger, vegetables, fresh fruit
- Willy’s Mexicana Grill (Petit Science Center 1st floor) – burrito bowl with black beans, veggies, tofu, salads
- Waffle House (Petit Science Center 1st floor) – grilled chicken salad
- Saxby’s Coffee (Library 1st floor) – oatmeal, fresh fruit, salads

**AROUND CAMPUS:**

Mediterranean:

- Anatolia Café – hummus, salads, tabbouleh, lentil soup, spicy ezme
- Ali Baba Mediterranean Delights – Med platter, Med salad, veggie wrap, humus, baba ghanoush, tabbouleh, fresh fruit
Indian:
- Naan Stop – spinach (saag), cauliflower (gobi), chickpeas (chola), naan bread, brown rice, salads, grilled vegetables

Asian:
- Fish Bowl Poke – fresh fish, fresh vegetables, brown rice
- DUA Vietnamese Noodle Soup – tofu pho, lemongrass tofu, shrimp salad
- East Wave Asian Fusion – shrimp spring roll, grilled shrimp, baked fish filet, pan seared tofu, mixed vegetables, brown rice, salads
- Tin Drum – veggie spring rolls, chop salad, steamed vegetables, brown rice

Caribbean:
- Mango’s Caribbean Restaurant – fresh fish and shellfish, tofu, veggie plate, salads

Latin:
- Buenos Dias Café – vegan offerings, “shoma’s bowl”, the “vegetariana”, veggie tacos, rice and beans, salads
- Moe’s Southwest Grill – burrito bowls with black beans and brown rice, fresh fruit, salads

Sandwiches:
- Rising Roll – vegan offerings, veggie and tuna wraps, salads, oatmeal, fruit cups, naan bread
- Magnolia Bistro – falafel wrap, vegetable caprese panini, salads, oatmeal, yogurt
- Reuben’s Deli – tilapia wrap, black bean burger, salads
- Weekday Café – Salmon burger, veggie burger, plain egg, whole wheat bread, veggie sub on wheat, salads
- Mama Mia Pizza & Wings – pita sandwiches, salads
- Jimmy John’s – turkey, tuna, and veggie subs on whole wheat or lettuce wrap
- Subway – turkey, chicken, and veggie subs on whole wheat
- Quizno’s – turkey, tuna, and veggie subs on whole wheat, lobster and seafood salad, salads, soups

For even more recommendations, try downloading the HealthyOut app on your smartphone, and pick “Mediterranean” under Nutrition Preferences!

References