

THE MEDITERRANEAN DIET

Lower Inflammation & Improve Mood with Food

When it comes to what we eat, quality matters! While we don't expect teens to adhere to a mediterranean diet, exclusively, we do advise that the majority of their diet comply with the following principles:

EAT PLANTS

Try to include a large variety of fruits, vegetables, nuts and seeds in your diet.

GROW WITH GOOD PROTEINS

The best sources of protein include fish, greek yogurt, nuts, legumes (chickpeas, beans, lentils) and limited quantities of eggs, lean chicken and meat.

KEEP GRAINS WHOLE

Grains should not be processed, but rather, eaten whole, in the form of unprocessed oats, wild rice, buckwheat, etc.

AVOID ADDED SUGAR & PROCESSED FOODS

Foods made from heavily processed flour or loaded with added sugars should be avoided. It's important to severely limit the consumption of processed cereals, meats, breads, baked goods and pastas.

MINIMIZE ANIMAL FAT CONSUMPTION

While fats are a healthy and necessary part of any diet, it is important to avoid fats derived from animals. This includes fat from meat, chicken, and dairy.

SOURCE: Harvard Health Blog on Diet and Depression



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