



THE 10 COMMANDMENTS OF THE MEDITERRANEAN DIET

Professor Itsiopoulos, also an adjunct Associate Professor at the University of Melbourne, has developed "10 commandments" of the Mediterranean diet which can help you get a handle on what it involves.

The commandments are:

1. Use extra virgin olive oil as the main added fat (aim for around 60 mls /day)
2. Eat vegetables with every meal (include 100g leafy greens and 100g tomatoes, and 200g other vegetables/day)
3. Include at least two legumes meals (250g serve) per week
4. Eat at least two servings of fish (150-200g serves) per week and include oily fish: for example Atlantic and Australian salmon, blue-eye trevalla, blue mackerel, gemfish, canned sardines, and canned salmon. Canned tuna is not as high in the important fish oil omega-3, but still a good choice to include in your fish serves
5. Eat smaller portions of meat (beef, lamb, pork and chicken) and less often (no more than once or twice a week)
6. Eat fresh fruit every day and dried fruit and nuts as snacks or dessert
7. Eat yoghurt every day (about 200g) and cheese in moderation (about 30 to 40 grams per day)
8. Include wholegrain breads and cereals with meals (aim for 3-4 slices of bread per day)
9. Consume wine in moderation (one standard drink a day, which is about 100 mls), always with meals and don't get drunk. Try and have a couple of alcohol-free days a week
10. Have sweets or sweet drinks for special occasions only