The Power of The Mediterranean Diet

As a registered dietitian nutritionist, I have long been a proponent of the Mediterranean Diet. This diet encourages individuals to eat fresh produce and fewer processed foods. Fruits, vegetables, whole grains, legumes, nuts, olive oils and herbs are promoted. When it comes to protein, red meat is limited. Fish and poultry is recommended twice a week, along with plenty of exercise and enjoying meals with family and friends.

Health benefits observed while following this diet may include:

- Reduce risk of frailty in old age
- Protect against Type 2 Diabetes
- Maintain heart health
- Reduce risk of developing Alzheimer’s disease
- Encourages healthy weight loss
- Fights cancer
- Protects cognitive health
- Enhances mood
- Fights inflammation

Check It Out!

Foster health as a family. Enjoy this National Nutrition Month® Games link, which includes games for children and adults.

Additional Resources

Contact Employee Wellness for individual sessions to learn more about the Mediterranean Diet.

Employee Assistance is here to support you when it comes to mindfulness.

Connect!

Cindy Davis, MPH, RDN
Nutrition/Fitness Coach,
UA Life & Work Connections
(520) 621-4601
Check It Out!

Walk Across Arizona teams gearing up for their favorite weekend activities!

First Place: Trekkers, Housing Residential Life

Second Place: The Hardbody Foxes

Third Place: The Joggernauts

Join Us!

March 27: Walks With Campus Leaders
Walk with Dr. Paulo Goes
Dean, Eller College of Management Professor, Management Information Systems
Meet behind Eller College, outside the food area, near the bike racks
Noon-12:30 p.m.

Important Dates

March 31: Last day to log miles.
April 2: Complete final survey.
April 11: Celebrate the Walk Across Arizona finale! Join us from 4-5 p.m. at Life & Work Connections.