Cretan Mediterranean diet (in 7 Countries Study):

High intake of:
Fruits and vegetables
Legumes- beans, peas, and lentils
Olive oil (extra virgin, cold press olive oil)
Bread- whole grain (wheat/barley)

Modest intake of:
Potatoes (no butter, bacon, or sour cream)
Wine- red
Yogurt
Nuts (6-8 nuts/ serving)

Low intake of:
Meat- 1 oz/day (average intake)
Fish- ½ oz/day
Cheese ½ oz/day; & eggs- 3/week
Corn oil type fat

No significant intake of:
Butter, plain milk, corn oil

Mediterranean diet as in Crete:

<table>
<thead>
<tr>
<th>Calories, % of total</th>
<th>90% from plant sources</th>
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<tbody>
<tr>
<td>10% from animal products</td>
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40% calories from fat
31% total calories from olive oil
11% calories from protein
(70% plant protein)

49% calories from carbohydrate
(primarily complex carbohydrates)

Details of diet modeled after Cretan Mediterranean diet used in randomized trial resulting in a lower death rate and a lower heart attack rate:

Mediterranean diet study participants were advised:

More vegetables
More fruit
More legumes- beans (kidney, pinto, dried), peas, lentils (100% more than control diet)
More whole grain bread- (ate 15% more than control diet)
Less meat (beef, lamb, pork) Poultry intake unrestricted. No delicatessen meats. Fish intake encouraged (averaged 14 oz./week which was similar to control group)

Cheese only dairy product- (averaged 1 oz/day same as control diet)
No butter, cream, milk.
Fat intake:
For cooking and salads, olive oil and canola oil to be used exclusively.
A canola margarine was made for the study group and its use encouraged.

Wine intake same in study and control diet (approximately one glass wine daily)

The Mediterranean diet study group compared to the study control diet group ate:

Less Saturated fat: 30% less
More monounsaturated fat: (olive & canola) 24% more
More plant based omega-3 fat (linolenic): 300% more
(found in canola oil, walnuts) (Total daily intake of plant based omega-3 fat in the Mediterranean diet group is the equivalent to what is present in 1 oz. of walnuts.)
Less corn oil type fat, n-6 (linoleic): 33% less
Similar total fat, wine, and fish intake

Summary, the Cretan Mediterranean diet

(As in the population studied in Crete in the 7 Countries Study and in the randomized diet trial.)

1. Very high intake of **fruits and vegetables**.
2. Regular and frequent intake of **legumes: beans, peas, lentils**.

3. **High intake of virgin, cold pressed olive oil, a monounsaturated fat.**
   *Canola oil* was encouraged in the randomized trial to increase monounsaturated fat intake and achieve serum **plant based omega 3 levels** that have been found in the people of Crete. (Other foods high in plant based omega 3 fats include walnuts, and purslane- a salad green.)
   *No corn oil.*

4. **Whole grain breads**
5. **Low intake of white bread, pastries, and deserts other than fruit.**

6. **Low intake of meat of beef, pork, and lamb.** *Poultry* intake was without restriction in the randomized trial. *No deli meat.*
7. **Low intake of saturated fat.**
8. **Cheese** intake of ½-1 oz per day.
   *Plain yogurt* up to 1 cup/day.
   Otherwise, no other dairy products including: *no cream, no butter and no milk*.

9. **Fish** intake was encouraged in the randomized trial.
10. **Red wine** ~1 glass/day.
11. **Nuts**- 6-8 nuts/serving

12. **Low intake of animal products.**

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