

OF NUTRITION

Mediterranean Diet

(NAPSA)—Even with all the new diet plans on the market today, one of the healthiest may be a regimen that’s centuries old—the Mediterranean diet, which consists of large amounts of fresh fruit and vegetables, salads, nuts, seeds, beans (including chickpeas), omega-3-rich oily fish, olives and olive oil.



Mediterranean foods, which include fruits, nuts, vegetables and olive oil, are believed to offer numerous health benefits.

According to scientists, these foods provide health benefits due to their antioxidant properties. For example, children who eat a normal Mediterranean diet are 30 percent less likely to develop hay fever. The diet has also been shown to reduce the risk of type 2 diabetes, hypertension, heart disease and several cancers.

Eat, drink and be healthy

Made from authentic Mediterranean recipes and containing fresh chickpeas, Sabra’s trans fat- and cholesterol-free dips and spreads can be a delicious staple of a healthy diet. To learn more, visit www.sabra.com.