

## **Mediterranean Diet Prevents Cancer, Heart Disease, Diabetes**

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Mediterranean diet - heavy on olive oil, fish, nuts, fruit, veggies, wine – regularly consumed by residents of the Mediterranean area - prevents cancer, heart disease, diabetes.

- Cold-water fish, like salmon (not farm-raised) three or more times per week.
- Free-range eggs (not the usual eggs bought in stores) great in omega-3 fats.
- Nuts, walnuts, almonds, and pecans regularly (raw and unsalted with no added oil are best).
- Olive oil is important. Organic, cold-pressed, best.
- Wine – in moderation - (a glass of organic grape juice provides the same benefits).
- Regular physical activity

See: <http://tinyurl.com/kkrw5j>