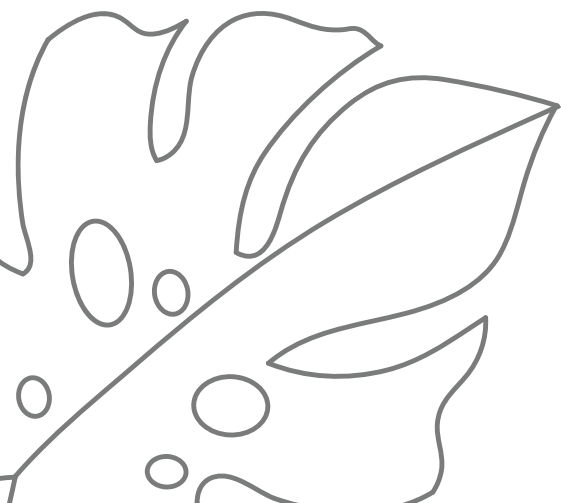




*Mediterranean  
food*





Mediterranean food is home to some of the world's most loved and iconic dishes. Many also believe this diverse cuisine is the key to a healthy life. Mediterranean food's geography, history, and recipes are also far greater than many people are aware of.

Simply put, Mediterranean food comes from all of the countries and regions that surround the Mediterranean Sea. Today, 23 countries are classed as Mediterranean countries. All bring a unique range of flavors and techniques to Mediterranean cuisine.

Essentially, you can split Mediterranean cuisine into three culinary regions. These are:



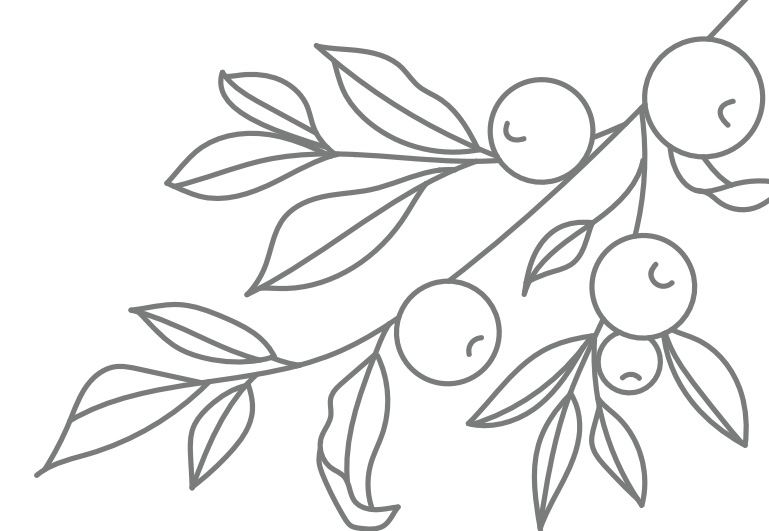
**North Africa**



**Southern  
Europe**



**Eastern  
Mediterranean**



Naturally, all three heavily influence each other. But each region's climate and cultural differences have allowed them all to develop similar yet differing cuisines.

The Eastern Mediterranean cuisine largely includes Balkan, Greek, Turkish, Syrian, Lebanese, Israeli, Palestine, and Egyptian foods.

The Southern European region covers Italian, Spanish, Portuguese, and Southern French foods.

Across the sea, the North African influence on Mediterranean food comes from Moroccan, Algerian, Tunisian, and Libyan cuisines.



Mediterranean food is full of fresh vegetables, tender meats,  
and a wide range of tastes.

Experts however have defined three core ingredients that all  
the different regions have essentially built their cuisines on  
olives, wheat, and grapes.



Olives



Wheat



Grapes

# Olives

Olives have been grown in the Persian region for thousands of years. Today, a staggering 95% of the world's olives are grown in the Mediterranean area. This has led to olive oil becoming synonymous with Mediterranean cooking, and the go-to cooking agent over butter, fats, and other oils.





# Wheat

Records of wheat being grown in the Eastern Mediterranean area date back nearly 10,000 years.

This is why bread is such a vital ingredient in Mediterranean cuisine, which, in time, led to other wheat-based foods, such as Italian pasta.



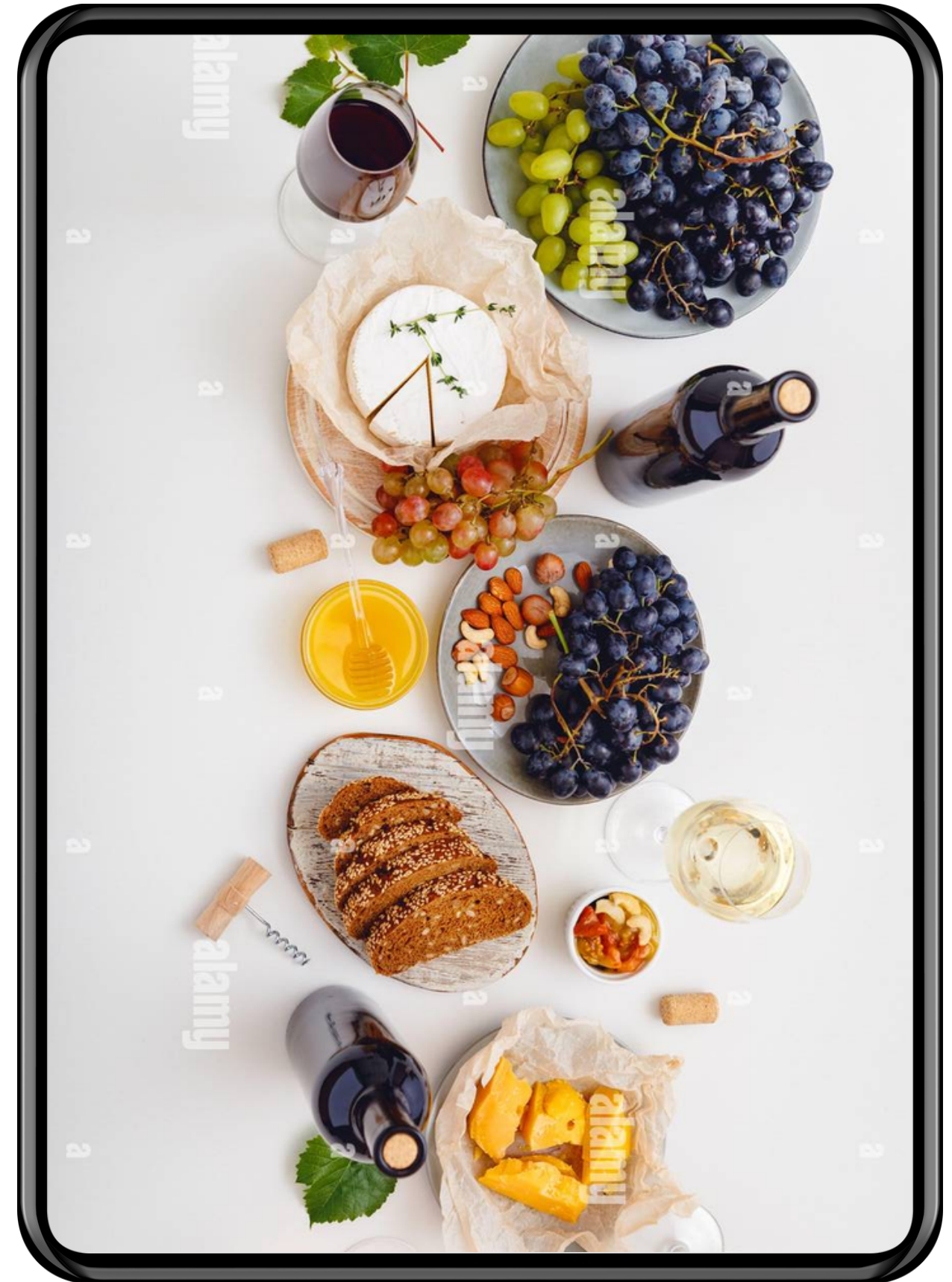
# Grapes

Lastly, there's a reason wine is the drink of choice for many Mediterranean countries: grapes.

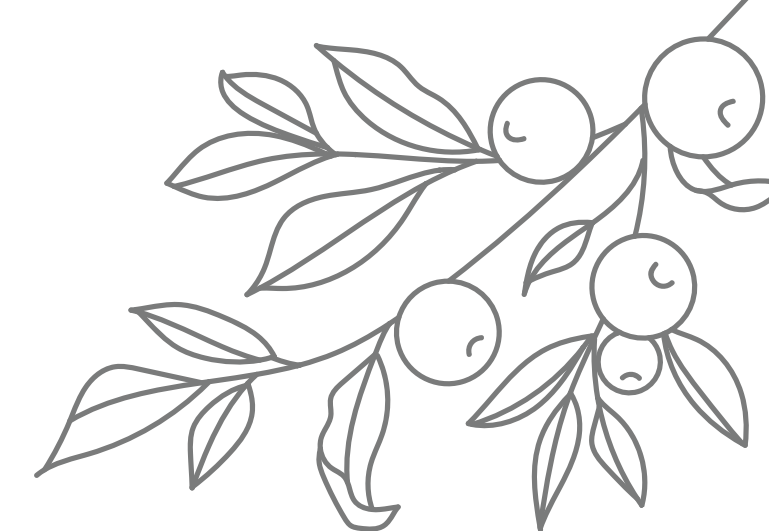
Persia's position near the Black Sea provided the perfect climate to grow grapes. Evidence suggests grapes have been grown there for at least 8000 years.

But it was the Italians, several centuries before the birth of Christ, that first began using grapes to make wine.

Today, grape production here is pretty much only for wine. And nearly 40% of the world's wine comes from Mediterranean countries.







# Mediterranean Diet Pyramid

Red meats & sweets  
Enjoy Sparingly



Poultry, eggs & dairy  
Enjoy 1-2x/wk



Fish, seafood &  
omega-3 rich foods  
Enjoy >3x/wk



Whole grains, legumes,  
fruit, vegetables, healthy  
fats, herbs & spices  
Enjoy Daily



Physical activity, meal  
& family time  
Practice Daily

