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# **Mediterranean diet good for the heart | Reuters**

We all know that healthy living leads to good health. Heart health is a particularly important area because cardiovascular disease has been on the rise for many years. This new report shows that eating a healthy diet (in this case a Mediterranean diet) can help you prevent heart disease and live a longer healthier life.

A Mediterranean diet isn't a specific diet, it is a diet style. Olive oil is used instead of a lot of the oils used in the US that have been shown to be bad for us. They eat lots of plant based foods like fruits, vegetables, and legumes. They also eat a lot of fish and not a whole lot of red meat. This sounds a lot like many popular diets, but for people of the region, this is how they naturally eat and do by instinct.

You don't have to follow exactly what they do, but follow their lead. Cut out some of the unhealthy oils you use to cook (fried foods are not good and you probably know that already). Eat more plant based foods. Eat fish instead of red meat whenever possible.

Click the link below to learn more about how you can improve your heart health.

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