



Real People - Real Experiences!

MEDITERRANEAN DIET WEIGHT LOSS RESULTS

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Mediterranean diet weight loss results

By The SteadyHealth Community
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Foreword: Who should read this book

With so many diets floating about these days, it's hard to figure out which is the right nutritional style for you. The Mediterranean Diet is unique in that it not only helps people shed excess pounds, but also promotes heart health and reduces the risk of cancer as well as Parkinson's and Alzheimer's diseases. This book is for you if you want a long-term solution for your health *and* your weight.

About Us

SteadyHealth.com is a [health-related online community](http://SteadyHealth.com) with more than 300,000 registered members and millions of monthly visits. SteadyHealth.com is intended to provide members and visitors with relevant health-related information, through health-related discussions, shared personal experiences, medical expert answers and quality content.

Besides high quality medical content, SteadyHealth.com also offers a lot of valuable information on sexual health. Information provided in this book is a result of real life experiences combined with professional advice and information given by sexual health experts and professionals.

Mediterranean diet weight loss results

The Mediterranean Diet is one of the best documented and most effective approaches to slow, sustained weight loss and general improvement in cardiovascular health. Foods eaten on a typical Mediterranean diets are tasty, natural, and easy to prepare. People who follow the plan without counting calories or measuring portion sizes typically lose about 12 to 20 pounds (5 to 10 kilos) in six months, and keep it off if they continue eating the same way. Type 2 diabetics who follow Mediterranean diets produce less insulin (overproduction of insulin being the problem), so their bodies release fat to be burned more easily, and type 1 diabetics can manage their blood sugars with less injected insulin. Just about everyone will have lower total cholesterol, LDL cholesterol, and triglycerides. What do you eat on a Mediterranean diet? What most advocates of this powerful style of eating overlook is that while people in Mediterranean countries eat well, they don't eat all the time. It's considered OK not to eat every meal every day. In fact, in southeastern Europe where observantly religious people fast up to 150 days a year, it's considered virtuous not to eat at all from time to time.

Taking a break from food does more than reduce calories. Any time cells are given an 18-hour or longer break from having to do something with incoming proteins and glucose, they can break down old, malformed, or damaged enzymes and DNA and get ready to produce their replacements. Then just about as soon as the body receives just a few grams of protein, they are ready to start all over again. Despite what some ill-informed "experts" tell us, we don't need protein all the time. In fact, we need an occasional break from protein for at least part of a day, so our cells can do the maintenance work they need.

Another prominent feature of the Mediterranean Diet is that it is low in carbohydrates. There may be bread, which is so delicious you can savor every bit, and there may be sweets that you can savor. But this diet usually results in the consumption of less than 100 calories in sugars every day (which is about all your liver can process without activating fat storage enzymes). This diet also typically counts less than 600 calories worth of carbohydrates a day, and they come from a wide variety of sources: bread, rice, fruit, wine, and vegetables. Limiting carbohydrates gives your body the raw materials it needs to make the glucose that fuels every cell, without overwhelming the ability of the pancreas to make insulin. Mediterranean diets include meat and fish, typically grilled, broiled, or baked, but never battered and deep fried. Too much protein, most people are unaware, results in the body's having to use excess amino acids to make glucose, which in turn may have to be stored as triglycerides or fatty acids, and urea. The urea byproduct is strongly acidic, and the body avoids acidification by neutralizing it with calcium or, ironically, the amino acid glutamine. Calcium typically comes from the bones. Glutamine comes from protein — so the body may have to break down protein to neutralize protein when you eat too much. Mediterranean diets include cheese and, rarely, milk, just enough to provide sufficient calcium, along with greens and fish, in amounts that the body can actually absorb.

All Mediterranean diets use olive oil. The primary component of olive is omega-9 fat. This is the safe, non-reactive, nourishing kind of fat that our bodies store as reserve fuel and to fill out the curves in our contours that make us attractive. Olive oil contains small amounts of omega-6 and omega-3 fat. These are "essential" fatty acids. Our bodies have to have them, and they have to come from food. But what is left unnoted about omega-3's and omega-6's is that they are highly reactive. They spoil easily. They have to be consumed fresh or they can actually cause the health problems that they are needed to prevent. The Mediterranean diet uses fresh olive oil, usually without heating it, and preserves both the essential fatty acids and natural antioxidants found in the product.

Finally, the Mediterranean diet emphasizes fresh greens and small amounts of fresh fruit, along with a daily shot of alcohol and a daily cup of coffee and/or herbal teas. These foods provide vitamins and antioxidants in their most complete form, and the olive oil that appears with every meal assists in their absorption. How can you put together a Mediterranean-style diet that can help you lose weight effortlessly? It's really not hard at all.

- Get rid of packaged foods, particularly snack foods in cellophane or plastic wrappers that sit on a shelf for weeks or month at a time. Mediterranean foods are made fresh.
- Find a bakery or learn to make pita-style breads. They are textured, they are tasty, and they satisfy with fewer calories than loaf-style breads.
- Make a habit of drinking coffee. Most Americans get much of their antioxidants from coffee. Greek, Turkish, and southeastern European coffees have even more antioxidants than brews elsewhere in the world.
- Make a habit of drinking herbal teas. Dandelion and mint teas regulate digestion and gently lower cholesterol.
- Eat meat and fish grilled, broiled, or roasted rather than fried. Rely on salt and herbs, used in small amounts, to enhance flavor.
- Eat greens every day. You don't need a lot. Even a cup (about 20 grams) of salad greens can make a difference, providing the mineral and ash your body needs to alkalize your urine without having to break down muscle and bone.

And don't be afraid to go a little nuts with your Mediterranean diet. Of the 180 scientific studies of Mediterranean-style diets, at least 10 have found that including almonds, pistachios, or walnuts every day aids weight loss even though nuts are high in fat and in calories. Generally, people who eat nuts daily lose about 1 to 1-1/2 pounds (500 to 750 grams) of weight monthly without making any other changes in their diets. A 100-calorie pack of nuts, or 10 to 20 nut pieces, is enough to make a difference. Of course, if you are allergic to nuts, don't eat them, but you can still benefit from the rest of the Mediterranean diet plan.

The Mediterranean Diet isn't all about counting calories and serving sizes. It's about enjoying good food without being enslaved to it. Eat simply, eat naturally, and don't worry about the pounds. Just check every week or two to see that they come off almost as if by magic.

THE REAL-LIFE EXPERIENCES & INTERVIEWS

Disclaimer: These views and experiences are the product of interviews and surveys conducted with real consumers, whose identities remain anonymous to protect their privacy. They are provided for informational purposes only, and do not necessarily reflect SteadyHealth's opinions. SteadyHealth does not endorse any weight loss or dietary products or nutritional styles, and potential consumers are reminded to consult their physician before using supplements and medications.

1. Gender, age, location?

Owen: male, 63 years old, currently living in Pasadena

Norma: female, 33 years old, currently living in Milwaukee.

Jodie: I am a happily-married woman (married 3 years, May 7th 2014) with a calico cat named Sofi and no kids yet. I would start one weight-loss goal after another, only to gain the weight back plus some. In three years' time (2009 - 2012) I went from 110 lbs and a size 0 to 242 lbs and a size 20, that's over 100 pounds gained in 3 years. Now, after a life-changing experience applying to be on the Biggest Loser season 16 in March 2011, I have realized that I have the knowledge and resources to do this myself without a TV show or diet or any extreme exercise. I've made my own challenge, made it realistic, and am pushing for it. My starting weight on May 4th 2014 was 249 lbs. As of October 5th 2014 I have lost my first 50 pounds, leaving me with 68.2 more to lose to be a "healthy" weight. I am currently studying for an ACE personal trainer certification, and want to shed my own pounds before taking the certification test.

Frederic: male, 53 years old, currently living in Chicago

Margo: female, 49 years old, currently living in Charlotte

Tasha: female, 31 years old, currently living in Phoenix

Ruth: female, 56 years old, currently living in Westchester County

Monica: female, 50 years old, currently living in Miami (starting/current/goal weight: 163/134/132, Height: 5'8"/173 cm).

Emilia: female, 32 years old, musician by profession always on the road, (starting/current/goal weight: 215/188/150, height: 5'4").

Nick: male, 37 years old, currently living in Washington (starting/current/goal weight: 281/175/160, height: 5'8").

Lela: female, 40 years old, currently living in California (starting/current/goal weight: 363/306/185, height: 5'10.5").

Valerie: female, 43 years old, currently living in New Jersey

Billy: male, 18 years old, currently living in Italy

Jeffrey: male, 43 years old, currently living in Vancouver

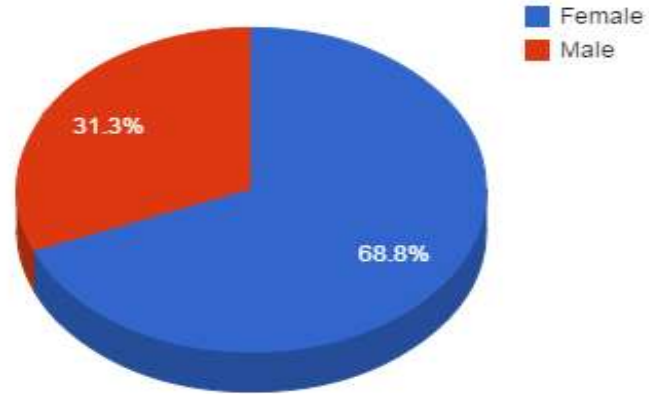
Conny: female, 38 years old, currently living in San Diego

Leticia: female, 41 years old, currently living in Akron

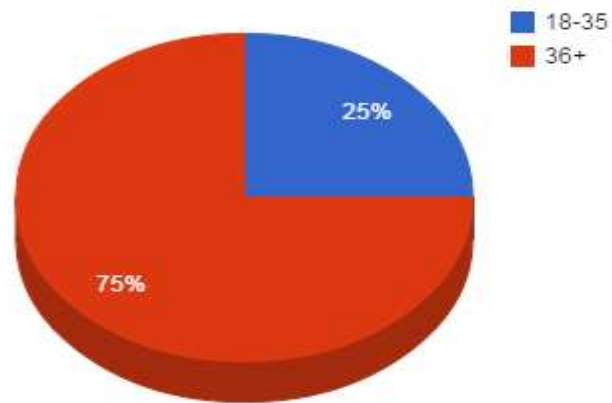
Maya: female, 58 years old, currently living in North Bay

Caroline: female, 57 years old, currently living in Charles Town

Participants Gender



Participants Age



2. What was the reason you chose a Mediterranean diet program? Have you managed to lose weight with your Mediterranean diet? What were the main benefits you experienced?

Norma: My mom died of a heart attack at the age of 47. I lost over 100 pounds, lost my dad to a heart attack/diabetes, then got pregnant again and gained it almost all back. I thought Mediterranean eating would help take it back off.

Jodie: I was once an athlete, and actually fractured my foot in two places earlier this year (I was already 249 lbs before the fracture). I let my foot heal, and then begin my current plan in May at 249. Today I'm 195.3 lbs. Honestly, I've found that the majority of the work comes from the kitchen. I recommend often small lifestyle changes over time as opposed to diets or killing yourself in a gym. I usually recommend that people meet with their doctor for a physical and to see if you have any health issues to consider before starting a new meal plan.

Frederic: I wrote a very detailed research paper on it and other diets. Med diet is the best studied and the best proven diet of any type for disease treatment and prevention. It's also been proven to help with weight loss - but what really helps with weight loss (again, according to the research) is anything that helps you stick with it. That's why Weight Watchers and Jenny Craig hold up fairly well, the social support aspect keeps people coming back.

Margo: I am likely not the best person to ask about this. I am chronically ill and unable to do much of anything but lay in bed all day. But when I was following a Mediterranean type diet I did feel much better and I was able to do more. I don't cook for myself but since you are able, you should have success.

I have neurological Lyme disease. It went undiagnosed and untreated for 19 years before it was diagnosed 5.5 years ago. Many people don't realize how serious Lyme can be (I know I didn't!). But it's left me bed bound with brain damage - I have the symptoms of Alzheimer's, Parkinson's and I have regular seizures and even stop breathing because of it. No sympathy please. I only tell you to make you aware. My goal is to educate people about my illness so I appreciate the opportunity.

Ruth: For me I gradually changed the way I ate from the time I decided to eat healthier and move more. In the beginning; e.g., I'd bring a turkey sandwich to lunch with reduced fat chips. Then I started bringing a side salad instead of the chips with reduced fat dressing. Now I usually eat a big salad with lots of veggies and a little olive oil and vinegar, if I'm home I may make a stir fry with lots of veggies. At least half my plate at lunch and dinner is vegetables. I pay attention to not eating too much bad fat and the sugar.

When I finally decided to change the way I eat and move, it was as if a light bulb went off and I just knew that I had to do something. If I didn't want to exercise, I'd tell myself to at least walk for 10 minutes and I'd usually end up walking more. Now I wear a Nike Fuel band and that keeps me moving; I was using a pedometer for years and that helps too.

Monica: Hahaha, it's perfect because I am Italian. I try to eat whole unprocessed foods as much as possible and it's easier to eat that way if you are following that diet.

I have always eaten the Mediterranean Diet way, but have had to cut out gluten (so I eat less pasta - it's corn or rice pasta - and eat a bit of other grains such as quinoa and amaranth). I mainly gained a bit of weight because I had gotten chronic disease that affects my energy and pain levels so I didn't exercise in line with the amount and types of food I was eating. I had to cut the carbs back and separate the fat from carbs to keep the insulin from storing fat in the meal on my body.

Eating this way helps my energy levels and lessens my pain levels. I can do more exercise and fun sports than I can if I eat a common 'American style' diet.

Emilia: Well, I do not consider it a diet, and I also don't follow it strictly. It's the way I grew up so it's not a diet to me, it's just the food that I like to eat although I like to eat a lot of other things too like burgers and pizza and pasta and fried chicken and sandwiches etc.

I follow Intuitive Eating which is eating based on bodily cues of hunger and fullness, no food is off limits. I basically eat whatever I want whenever I want it but I eat mindfully and pay close attention to when I've had enough. Sometimes emotional triggers prompt me to overeat but I've learned how to deal with those.

I grew up in Crete therefore it's the food I grew up eating. I've never had any prior medical conditions and my family history is free from diabetes, heart disease, Alzheimer's, and all chronic illnesses. My own personal health ailment was my eating disorder, which IE is helping me cure. My blood work has always been fine. Weight loss is just a pleasant side effect of me during my ED. Weight loss is not my goal and I am healthy, active, and eat a balanced Mediterranean diet.

Lela: It's an easier choice for me since I'm Greek and I grew up with that style of eating. The true Med Greek diet, that is. One thing most people don't know about the Med diet is that, in its true form, it's a lifestyle that includes regular fasting, lots and lots of vegetables, not a lot of grains and pulses, plenty of healthy fats, and proteins are sourced mostly from fish, eggs, and cheese. Red meat is eaten infrequently.

Valerie: My experience with it is kind of odd. Basically back 13 years ago I started trying to "learn how to eat". I read up on the Mediterranean diet and thought that sounded great, so I started trying to eat more foods in harmony with it. The weight came off (primarily because I was no longer eating fast food and Dr Pepper for most meals). Then as I was finishing my weight loss, the South Beach diet book came out. It's based off of the Mediterranean diet. So I used the principles behind the South Beach diet and married them with a Mediterranean approach and came up with what's worked for me all these years.

Basically I eat a plant heavy diet, vegetables, nuts and seeds, legumes, fish mostly when we go out (and then things like kippered herring and sardines, and canned tuna and salmon regularly), some red meat (a steak from time to time), and some cheese and eggs, and red wine. And then some 100% whole grain bread, but not with every meal, sometimes not every day.

That's the "plan" for how I eat. And then reality hits and sometimes I do other things. But even then I don't eat like the average American probably. It's totally doable in my opinion. As long as you don't try to do a lot of fast foods.

Billy: I used it to lose weight and it was the only diet that allowed me to eat food that I like while losing fat. I didn't have any side effects except feeling a little hungry the first days of the diet. I did Insanity while on this diet and it worked great because I lost fat, got faster and more flexible (I can now touch my toes and I've never been able to do that in my life).

Jeffrey: I was down into the 135-139 weight level (lost about 30 lbs) but I am back up to 173. I'm hoping that I can get back on track and get down to 145 and maintain that.

Well as far as following the Mediterranean guidelines, I am still following the food part as much as I can. My time in the gym has been cut and I need to get back on track. I know for me it has seemed to help me lower my triglycerides, which is the big issue for me.

Conny: I actually did the Mediterranean diet over the summer, but got derailed with a thyroid surgery and going back to work. Funny how we can get derailed so easily! I've wanted to start it again, because it was really quite easy and delicious!

When I did it, I saw some weight loss, not huge. However, I felt really good. My husband and I both had more energy, felt "clean" and just as a whole felt much better.

I bought a couple of books; Mediterranean Cook Book, Mediterranean Diet for Beginners on my kindle. I would suggest those books, or something close to them. They give easy food plans, and lots of recipes.

We started the Mediterranean diet to help me lose weight. No other reason. I drink up to 96 ounces of water a day. I love water, so it's never been hard for me to do that. It would be a good addition to your diet. I am still at the beginning stages of my new way of life. I hate the word diet! It makes me feel like I'm a prisoner!

Right now, the most challenging thing for me is the holidays. I really enjoy entertaining, drinking wine, eating good food. Because of this, my weight loss has been slow. I'm just taking it day by day right now, so I don't beat myself up too much.

Leticia: Because it offers all foods I really enjoy eating. Everything improved, blood pressure, sugar, energy levels. I saw it already after the first 5 kilos were gone.

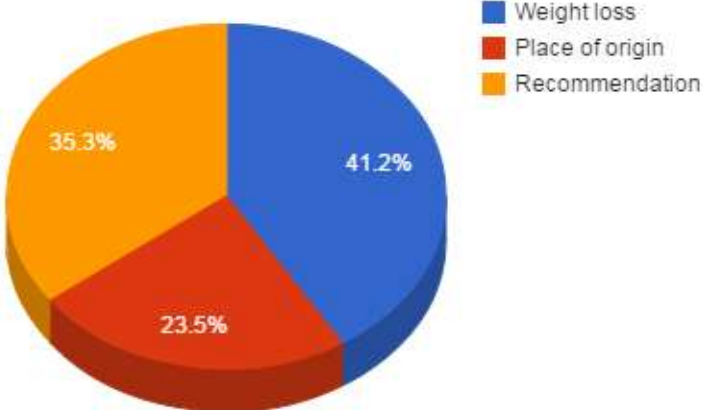
Maya: I was traveling in Portugal actually and had just lost about 7 pounds and wanted to keep it off. So I ate like the locals and I lost more weight! It is healthy and very filling.

My weakness is white wine! I am small and any straying from the diet results in weight gain. It's all about developing good daily habits, eating healthy and small portions, exercising regularly and never taking a day off!

Caroline: It's one of the many ways of eating I've explored. I'm certainly not an expert. I believe it has a lot of good things about it. Mainly, lots of fruit and vegetables and cooking from scratch. With hardly any processed foods. As I say it's all a learning curve but as long as I've decided to do this, I intend to make it as fun as possible.

Years ago when I lived in Italy, I was surprised at how little sugar they ate and how much walking I did while there.

What was the reason you started Mediterranean diet?



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