

The Mediterranean Diet: Simple, Real Food That the Body Recognizes

The Mediterranean diet isn't a trend.

It's how humans ate **before inflammation, blood sugar chaos, and nervous system burnout became normal.**

This way of eating supports:

- Stable energy
- Healthy digestion
- Clear thinking
- Lower inflammation
- Long-term vitality

It focuses on **whole foods your body knows how to use.**

Mediterranean Diet Food List (What to Eat Most Often)

Healthy Fats (Foundation of the Diet)

These fats **signal safety** to the nervous system and reduce inflammation.

- Extra virgin olive oil (EVOO)
- Olives
- Avocados
- Nuts (almonds, walnuts, pistachios)
- Seeds (chia, flax, sesame, pumpkin)

👉 Use EVOO daily. Cook lightly or drizzle raw.

Vegetables (Daily & Abundant)

Vegetables provide essential minerals, fiber, and support for detoxification.

- Leafy greens (spinach, arugula, kale)
- Tomatoes
- Cucumbers
- Bell peppers
- Zucchini
- Eggplant
- Onions
- Garlic
- Artichokes

👉 Aim for **color and variety**, not perfection.

Fruits (Moderate & Intentional)

Fruit supports hydration and antioxidants without spiking blood sugar when eaten correctly.

- Berries
- Oranges
- Lemons
- Figs
- Grapes
- Apples

👉 Best eaten **with meals**, not alone.

Protein Sources (Clean & Balanced)

Protein stabilizes blood sugar and supports muscle and nervous system repair.

- Wild-caught fish (salmon, sardines, anchovies)
- Seafood

- Eggs
- Legumes (lentils, chickpeas, beans)
- Organic poultry (moderate amounts)

👉 Fish 2–3 times per week is ideal.

Whole Grains (Optional, Not Mandatory)

These are supportive **if your body tolerates them**.

- Quinoa
- Basmati, Wild Rice
- Farro
- Oats
- Whole-grain sourdough (traditional)

👉 If grains cause bloating or fatigue, your body is telling you something.

Herbs, Spices & Extras (Daily Support)

These are small but powerful.

- Basil
- Oregano
- Rosemary
- Thyme
- Parsley
- Cinnamon
- Turmeric
- Ginger

👉 Flavor replaces sugar when food is satisfying.

Foods to Limit (Why People Feel Better on This Diet)

These foods confuse blood sugar, hormones, and digestion.

- Refined sugar
- Seed oils (canola, soybean, corn oil)
- Ultra-processed foods
- Artificial sweeteners
- Excess alcohol
- Refined white flour

You don't need perfection.

You need **awareness**.

Why the Mediterranean Diet Works So Well

This way of eating:

- Reduces inflammation
- Improves insulin sensitivity
- Supports heart and brain health
- Helps the nervous system downshift
- Feels sustainable (no extremes)

But here's the truth most people miss:

👉 **Not every "healthy" food works for every body.**

Want to Know What Your Body Responds to Best?

Some people thrive on legumes.

Others feel bloated.

Some do great with grains.

Others crash.

That's not a failure — that's **bio-individuality**.

We help you figure that out with a **Free Personalized Plan**.

👉 **Get your free personalized plan here:**

<https://www.funandeasyhealth.com/free-personalized-plan>

Stop guessing.

Start listening to your body the right way.