



Dietitian Shares Mediterranean Diet Insights from Greece Trip

Description

I have followed the Mediterranean diet for many years. This diet is healthy and has many benefits. It includes fresh fruits, vegetables, fish, and whole grains. However, in the US, it can be difficult to stick to this diet. The food culture here often focuses on fast food and processed foods.

Recently, I visited Greece. It was my first trip there, and I loved the food. The meals were fresh and delicious, with lots of vegetables and quality olive oil. This inspired me to make some changes in my diet back home.

Now, I eat more salads for breakfast. This adds color and vitamins to my day. I also use honey instead of sugar for my yogurt and fruit. Grilled sardines have become my new favourite snack. I enjoy having a small glass of wine at dinner too. Lastly, I have added grilled calamari to my recipes. These changes make my meals healthier and more enjoyable.

Comprehension Questions

Multiple Choice

1. What does the Mediterranean diet primarily include?

- Option: Fast food and processed foods
- Option: Fresh fruits, vegetables, fish, and whole grains
- Option: Red meats and sugary snacks
- Option: Dairy and refined grains

2. What inspired the author to change their diet?

- Option: A cooking class in the US
- Option: The food in Greece
- Option: Advice from a doctor
- Option: A documentary about diets

3. What has become the author's new favorite snack?

- Option: Fried chicken
- Option: Grilled sardines
- Option: Potato chips



Option: Fruit salad

4. What food item does the author now use instead of sugar?

Option: Stevia

Option: Honey

Option: Maple syrup

Option: Agave nectar

5. Which meal has the author added more of to their diet?

Option: Sandwiches

Option: Salads

Option: Pasta

Option: Cereals

6. What beverage does the author enjoy at dinner?

Option: Beer

Option: Cocktails

Option: Small glass of wine

Option: Soda

True-False

7. The Mediterranean diet is difficult to follow in the US due to the focus on fast food.

8. The author's first trip to Greece was enjoyable, primarily because of the desserts.

9. The author has started eating more salads for breakfast.

10. Grilled calamari was a dish added to the author's recipes after visiting Greece.

11. The author has stopped eating vegetables since following the Mediterranean diet.

12. Fresh fruits and vegetables are not part of the Mediterranean diet.

Gap-Fill

13. The Mediterranean diet includes fresh fruits, vegetables, fish, and _____ grains.



14. The author visited _____ during their first trip.
15. Instead of sugar, the author uses _____ for their yogurt and fruit.
16. The author enjoys having a small glass of _____ at dinner.
17. The author's favorite new snack is grilled _____.
18. Meals in Greece were described as fresh and _____ with lots of vegetables.

Answer

Multiple Choice: 1. Fresh fruits, vegetables, fish, and whole grains 2. The food in Greece 3. Grilled sardines
4. Honey 5. Salads 6. Small glass of wine

True-False: 7. True 8. False 9. True 10. True 11. False 12. False

Gap-Fill: 13. whole 14. Greece 15. honey 16. wine 17. sardines 18. delicious

CATEGORY

1. Health - LEVEL1

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