

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

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Memorial Sloan Kettering
Cancer Center

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The Mediterranean diet is associated with a reduction in the incidence of many diseases, but may not be suitable for everyone.

A Mediterranean diet is commonly consumed in regions that border the Mediterranean Sea. It consists of a variety of fruits, vegetables, cereals, legumes, poultry, fish, nuts, seeds, olive oil, and moderate intake of red wine with meals. The Mediterranean lifestyle also promotes social connection by sharing meals with family and friends. Epidemiological studies show that the Mediterranean diet is a model of healthy eating that contributes to better health and overall quality of life, and can reduce the risk of heart disease, stroke, diabetes, certain cancers, and death.

What are the potential uses and benefits?

- Heart disease
Several studies support this use.
- Disease/cancer prevention
The Mediterranean diet has been shown beneficial in several studies.
- Weight management
Several studies support its use for weight loss.
- Diabetes management
Mediterranean diet was found helpful in managing diabetes.
- Cholesterol management
Several studies support this claim.

What else do I need to know?

Do Not Take if:

- You have certain food allergies: The Mediterranean diet consists of a variety of grains, fruits, vegetables, and nuts/seeds.

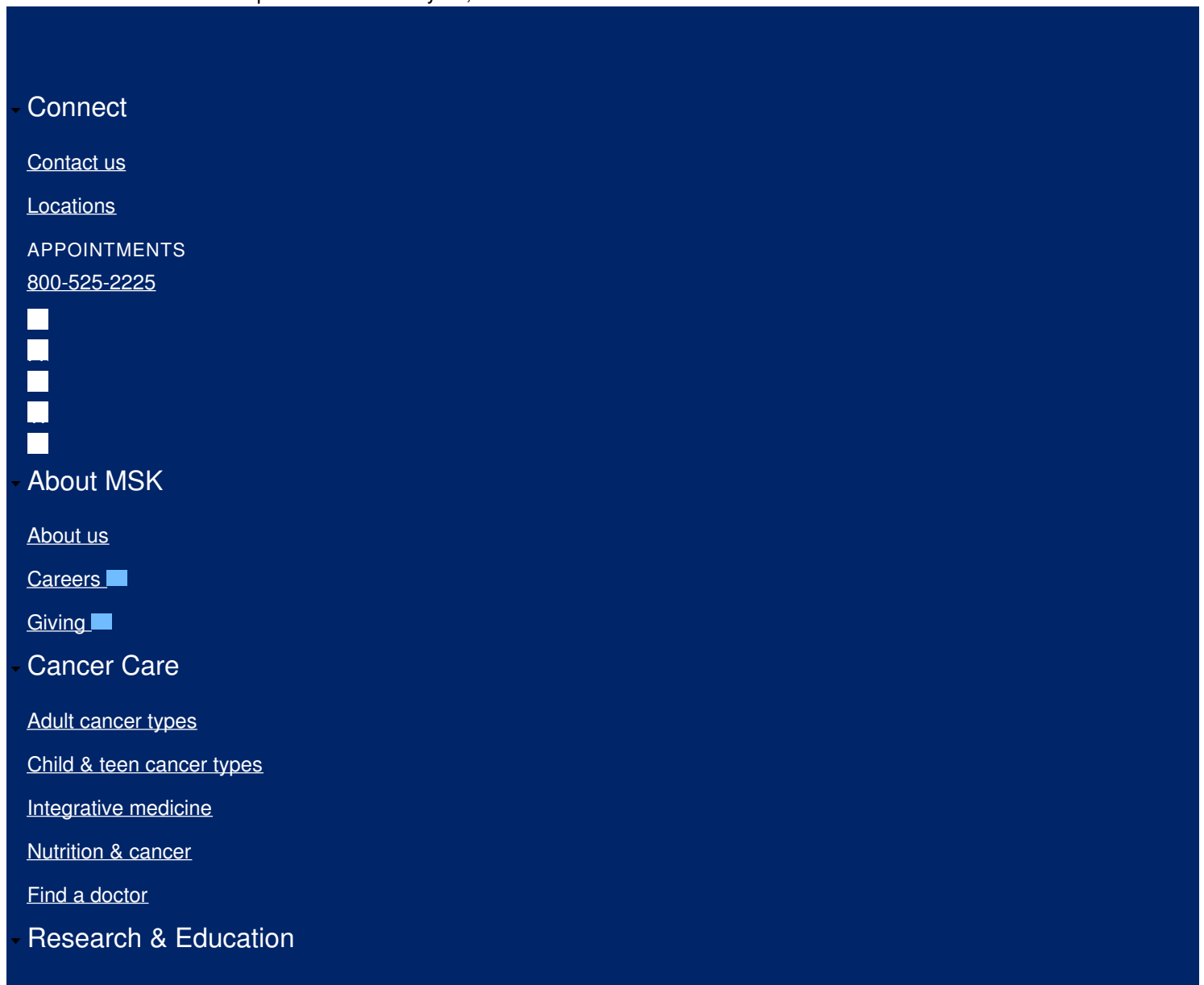
Special Point:

- It is advisable to avoid/reduce foods such as red/processed meat, high dairy, and artificial preservatives for health maintenance.
- Cancer patients may have special nutritional needs and should consult a dietician before adopting new diets.
- Alcohol consumption can increase the risk of certain cancers.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Mediterranean Diet - Last updated on February 16, 2023



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