Scenario

The Healthiest Diets in the World

Although access to various data is unlimited in today's world, it's not easy to navigate through the maze of information regarding lifestyle and dietary habits. The internet operates by its own rules, and many authors of numerous nutritional theories/diets lack the appropriate knowledge and education to teach others how to eat and move safely to take care of their health. Therefore, today you will learn that a group of nutrition specialists announces a ranking of diets every year, from which we can learn which diet is recommended for each of you. Unchanged for many years, the top three places are occupied by the Mediterranean diet, the DASH diet, and more recently, the flexitarian diet. In 2022, the first place was again awarded to the Mediterranean diet, and that's what we'll talk about the most today. About the other two, I want you to know that: a) DASH diet

* Its name is an acronym for Dietary Approaches to Stop Hypertension - Diet for treating and preventing hypertension
* Its main premise is to change dietary habits, especially in the case of individuals with excessive body weight or hypertension
* Recommendations:
  + Eat 4-5 meals a day
  + The diet should be based on vegetables and fruits, followed by whole grain products and low-fat dairy
  + Consuming fish and nuts is very important
  + Key elements to pay attention to here are calcium, magnesium, and potassium
  + Drink a minimum of 1.5 liters of fluids in the form of mineral water, herbal teas, and fresh vegetable or fruit juices
  + Avoid products rich in salt - processed meats, ready-made meals, and snacks like chips, pretzels, etc. b) Flexitarian diet - a relatively new approach, also called flexible vegetarianism. Before we move on, can you tell me: do you know what a vegetarian is? Students respond. The teacher supplements the answers: a vegetarian is a person who, for various reasons, completely abstains or reduces the consumption of animal products such as meat, milk, or dairy. In turn, the flexitarian diet mainly involves:
* Limiting meat and processed meat consumption - therefore, legumes are the main source of protein - lentils, soy, chickpeas, beans, peas, as well as tofu or tempeh
* Replacing cow's milk with plant-based beverages made from grains - oat, spelt, or rice milk, almond, coconut, and soy milk
* Consuming dairy, eggs, and fish in moderation
* Meat and its processed products can be consumed occasionally, for example, when away from home, during celebrations, or on vacation. Mediterranean Diet Many years ago, researchers observed that inhabitants living in countries bordering the Mediterranean Sea rarely suffered from diseases such as cardiovascular diseases, some cancers, diabetes, and hypertension. The average lifespan in these areas was the highest. This phenomenon mainly concerned the inhabitants of the Greek island of Crete and the southern part of Italy. At the heart of this was their way of eating, called the Mediterranean diet. Traditional diets of countries bordering the Mediterranean Sea vary slightly, so there are different versions of the Mediterranean diet. However, Harvard University in collaboration with the WHO (World Health Organization) created the Mediterranean Diet Pyramid as a guide to help people follow the diet regardless of where they live. Take a look at the pyramid again. When it comes to food products recommended in the Mediterranean diet, they reflect the food eaten in Greece on Crete and in southern Italy in the mid-20th century. Observing the inhabitants of these regions showed that thanks to the diet they follow, their health is much better than, for example, in the USA or the Netherlands, where dietary habits are and have been completely different. At the base, we see a recommendation that doesn't concern typical dietary choices but emphasizes that as part of health care, we should be physically active, and meals should be eaten together with our loved ones in a pleasant atmosphere! The second floor is water - without it, we cannot survive, and the third floor shows us the groups of products we should eat at every meal. These are:
* Fruits and vegetables
* Whole grain products
* Olive oil
* Legumes
* Nuts and seeds
* Herbs and spices - you already know a little about this after the lesson on the tastiness and healthiness of herbs and spices used in cooking. Fish and seafood are recommended twice a week. Eggs, poultry, cheeses, and dairy - moderation is recommended here, so these products should not constitute the majority of your diet. At the top of the pyramid, we find products that we should consume as rarely as possible - red meat and sweets. What do you think - since this diet comes from distant regions, is it difficult to follow its recommendations in Poland? Students respond. The teacher supplements the answers: By reaching for products available in Polish stores, we can compose meals in accordance with the recommendations of the Mediterranean diet. And as for olive oil - it is now available in most stores where we do our daily