

FUNCTIONAL FOODS

FOODS OF GREECE

Foods of Greece form the foundation of the Mediterranean diet which is well known for promoting health and longevity, reducing inflammation and chronic disease risk while supporting overall well-being. Traditional foods of Greece emphasize whole foods which are rich in nutrients including fruits like fruits, vegetables, whole grains, legumes, nuts, lean proteins like fish and olive oil. This eating pattern is high in antioxidants, fiber and healthy fats. Consuming a diet rich in these foods is associated with lower inflammation, improved gut health, improved longevity and a reduced risk of chronic disease like Type 2 Diabetes, cardiovascular disease and certain cancers.



OLIVE OIL

Sometimes referred to as the liquid gold of Greece, olive oil is rich in heart healthy monounsaturated fats and antioxidants.



FRUITS & VEGETABLES

Fruits like figs, grapes and citrus and vegetables like tomatoes, cucumber, peppers and leafy greens provide vitamins, minerals, fiber and antioxidants for overall wellness.



BEANS & LEGUMES

Lentils, chickpeas and beans are a great source for plant-based protein and are packed with fiber. Eating a diet rich in beans and legumes can improve digestion and help to regulate blood sugar levels.



SEAFOOD & NUTS

Fish like sardines, anchovies and other oily fish and nuts like almonds and walnuts are good sources of healthy fats and essential micronutrients that promote brain, heart and overall health.



GREEK YOGURT

Greek yogurt is high in protein, as well as an excellent source of calcium. Greek yogurt also contains probiotics which is beneficial for gut health,