

TAKE A DIP INTO HUMMUS

BENEFITS OF A MEDITERRANEAN DIET



1



Women who follow a Mediterranean diet are **40% more likely** to live past 70 and have less physical or mental health challenges.

2



Studies show that Mediterranean diets are helpful in **preventing heart disease, breast cancer and Type 2 diabetes.**

3



Following a Mediterranean diet can **slow cognitive decline.**

4



Mediterranean diets have been linked to **improved kidney and gut health.**

5



Women are **48% less likely** to develop Alzheimer's disease by following a Mediterranean diet.