

## Words About Wellness

## Mediterranean is the best way to eat in 2019, according to new diet rankings



U.S. News evaluated and ranked 41 diets with input from a panel of health experts. To be top-rated, a diet had to be safe, relatively easy to follow, nutritious and effective for weight loss. It also had to be stellar at preventing diabetes and heart disease. Results were released last week.

Last year, the Mediterranean diet tied with the DASH diet (Dietary Approaches to Stop Hypertension, a government-backed plan), but this year research tying the Mediterranean diet to longer, healthier living propelled it to the top.

Eating Mediterranean means embracing more plant-based foods, healthier oils like olive, and eating whole grains and lean meat. The rankings list Mediterranean as the best for overall healthy eating and the easiest to follow. It also ranked as the best for diabetes and heart health.

“It’s really healthy, balance, and considered nutritionally complete” said Angela Haupt, assistant managing editor of health at U.S. News.

The DASH diet finished second overall. The flexitarian diet, which is a modified vegetarian diet where users eat animal products in moderation, ranked third, followed by the MIND diet (a variation on the Mediterranean and DASH diets emphasizing foods good for brain health).

For more information on the Mediterranean diet and how it ranked in different categories in U.S. News’ evaluation, go here: <https://health.usnews.com/best-diet/mediterranean-diet>