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**The Best Diets of 2020 Revisited—
Shared by a Gastroenterologist**



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The Mediterranean Diet Wins Again

Personally, I like a sustainable, healthy, balanced approach to diet and nutrition. I love the Mediterranean Diet.



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What is factored in?

“Balance, maintainability, palatability, family-friendliness, sustainability, and healthfulness.” said a judge on the U.S. News and World Report panel.

What are the Benefits of the Mediterranean Diet?

- Stronger bones
- Healthier heart
- Lower risk of dementia
- Lower risk of breast cancer
- A longer life
- Reduced risk for diabetes
- Reduced risk for high blood pressure

What is the Focus of the Mediterranean Diet?

- Eating less red meat
- Less sugar
- Less saturated fat
- More omega-3-rich fish
- More olive or healthy oil
- Red wine in moderation
- Socializing with friends and family during meals is advised



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