



BLOG

A Lowcountry Plate, Mediterranean Style

Swap the Fat

- Collards in olive oil and garlic
- Skip the fatback
- A handful of nuts most days

Mediterranean or DASH?

- They overlap a great deal
- DASH adds low-fat dairy, less sodium
- Both are good choices

Keep It Occasional

- Red and processed meat
- Sweets
- Poultry, eggs and cheese in moderation



Read the full article

The Mediterranean Diet: What the Research Shows and a Lowcountry Way to Start

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General information, not medical advice. Your provider can tell you
what is right for you.