

1. What is meant by a “traditional” Mediterranean diet and how does it differ from the present day diet?
2. Hoffman and Gerber point out that UNESCO has declared the MedDiet an intangible cultural heritage of humanity.
 - What is UNESCO?
 - Why is this declaration significant?
3. What other parts of the world have a climate that is similar to the Mediterranean? Why have these regions not developed a Mediterranean style diet? What traditional Mediterranean foods are produced in these regions?
4. The US Department of Agriculture hosts an online calculator to determine the recommended amount of nutrients for an individual. Visit this [website \(http://fnic.nal.usda.gov/fnic/interactiveDRI/\)](http://fnic.nal.usda.gov/fnic/interactiveDRI/) and determine the recommended values for yourself – make sure to select all macronutrients, vitamins and minerals. How do these recommended values compare to those estimated for a Greek MedDiet?
5. Later in the term, we will explore fatty acids (“lipid” is used interchangeably with fatty acid in this book) in great detail. For now, define the acronyms below that are used throughout this book:
 - SFA
 - MUFA
 - PUFA
 - TFA
6. The Mediterranean diet pyramid presented in this book was developed by a non-profit organization.
 - According to this pyramid, what is the foundation of the Mediterranean diet?
 - What is this organization?
 - Visit their website.
 - List the “Eight Simple Steps for Eating the Med Way”. This can be found at the Mediterranean Diet 101 page.
 - Find the Health Studies resource. Is there any scientific evidence that the Mediterranean diet influences Alzheimer’s disease? How about eye health? Bone Health? Please keep this resource in mind as you dive into your individual research topic. The research collected here is from legitimate scientific journals that make great references.
7. Please summarize the four main lifestyle factors that are identified.
8. Get this, the authors point out that Greek men that took a siesta were found to have fewer coronary deaths than those who did not.
 - What reason did the authors of this study propose.
 - What complicating factors do Hoffman and Gerber identify?
9. What does MAI mean and how is it calculated?
10. Based on the MAI data presented in this chapter, which three countries have undergone the greatest shift toward foods associated with the Mediterranean diet between the 60’s and 90’s? Which countries have observed the greatest shift away from traditional Mediterranean foods?
11. Carefully examine Table 1.6.
 - Summarize the information that is being presented.
 - What major difference do you notice between the data collected in the 1960s vs. 1990s.
12. Hoffman and Gerber explore the dramatic change observed in the Greek diet. Summarize their discussion.