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Rochester General Hospital Edition

June 2010

ARE YOU READY FOR THE BEACH? : DIETS WHICH CAN HELP



For anyone ever thinking of losing some weight, this time of year would be optimal. There are nutritional approaches that can assist you in shedding a few pounds while improving your overall health. If you would like copies of any of these articles, or if you would like further information on this *or any topic*, please contact any Library team member.

"Eat Mediterranean-style to lower risk of AD, depression. A healthier diet improves vascular function and overall physical health—a healthier brain." *Duke Medicine Health News*, 15(12):1-2, 2009 Dec.

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De Lorenzo A. et al., "The effects of Italian Mediterranean organic diet (IMOD) on health status." *Current Pharmaceutical Design*, 16(7):814-24, 2010.

Elhayany A. et al., "A low carbohydrate Mediterranean diet improves cardiovascular risk factors and diabetes control among overweight patients with type 2 diabetes mellitus: a 1-year prospective randomized intervention study." *Diabetes, Obesity & Metabolism*, 12(3):204-9, 2010 Mar.

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Sacks FM. et al., "Comparison of weight-loss diets with different compositions of fat, protein, and carbohydrates." *New England Journal of Medicine*, 360(9):859-73, 2009 Feb 26.

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