

LogsDay Explores How the Mediterranean Diet Can Work for Non-Mediterranean Populations

LogsDay shows how the Mediterranean diet can be adapted globally with local foods, improving heart health, gut health, and overall wellness.

PUNE, MAHARASHTRA, INDIA, September 14, 2025 / EINPresswire.com/ -- LogsDay, a leading lifestyle and wellness platform, has released a new study on how the [Mediterranean diet](#) can be adapted globally with local foods and cultural traditions. As obesity, diabetes, and cardiovascular disease rise in Asia, Latin America, and other regions, this fresh analysis offers practical solutions to integrate the principles of the Mediterranean diet into everyday meals.



Can the Mediterranean Diet Work for Non-Mediterranean Populations?

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Adapting the Mediterranean diet with local foods makes it both practical and culturally familiar.”

Dr. Ram B. Singh

Key findings:

- The Mediterranean diet, rooted in Italy, Spain, and Greece, is widely praised for heart health, weight management, and longevity.
- A U.S.-based study (PREDIMED-Plus, Harvard T.H. Chan School of Public Health) revealed that a calorie-reduced Mediterranean-style diet combined with exercise lowered

type 2 diabetes risk by 31% in adults with metabolic syndrome.

- The LogsDay guide stresses that adapting Mediterranean eating principles — eating more plants, whole grains, lean proteins, and healthy fats — is more important than following rigid menus, especially since such habits also support [gut health](#) and overall well-being.

For more information, visit [logsday.com](#)

The report identifies food swaps that make the Mediterranean diet practical worldwide:

- India: Lentils, chickpeas, rajma, millet, rohu or mackerel, and groundnut or mustard oil.
- Asia: Soy foods (tofu, edamame), bok choy, tilapia, sesame oil in moderation, pumpkin and leafy greens.
- Latin America: Black beans, corn tortillas, mango, papaya, guava, and avocados.

By focusing on local substitutions, non-Mediterranean populations can follow a heart-healthy diet without losing cultural identity.

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Leading global experts confirm that adapting the Mediterranean diet outside its birthplace is both realistic and effective:

“The transferability of the traditional MedDiet to non-Mediterranean populations is possible, but it requires a multitude of changes in dietary habits,” said Dr. Miguel Ángel Martínez-González, Professor of Preventive Medicine and Public Health.

“The Indo-Mediterranean diet may be superior to DASH and Mediterranean diets because it contains millets, porridge, and beans, as well as spices such as turmeric, cumin, fenugreek, and coriander, which may have better anti-inflammatory and cardioprotective effects,” noted Dr. Ram B. Singh, lead researcher in Nutrients.

“Nutritional knowledge of the Mediterranean Diet is associated with positive attitudes and adherence in a non-Mediterranean multi-ethnic society,” observed Yasmine S. Aridi, co-author of a 2022 Dietetics study.

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[□□□□□□□□](#) addresses several myths about the Mediterranean diet:

- “It is too expensive.” Not true, if local foods are used. Beans, seasonal vegetables, local fish, or grains already available in markets can keep costs down.
- “It doesn’t suit local taste.” Spices, herbs and cooking styles can remain unchanged. The change is mostly in portions, reducing processed sugar or fried foods, adding more vegetables and whole grains.

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A sample day adapted for India might look like:

- Breakfast: Millet upma with seasonal vegetables; papaya.
- Lunch: Brown rice with dal (lentils), stir-fried vegetables, grilled fish.
- Snack: Roasted chickpeas or peanuts with lemon.
- Dinner: Chapati, rajma curry, cucumber-tomato salad, yogurt.

Variants for Asia or Latin America would follow the same pattern: more plants, local whole grains, lean proteins or fish, minimal sugary or processed snacks.

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- Rising rates of obesity, type 2 diabetes, heart disease demand dietary solutions that are sustainable, culturally acceptable, and affordable.
- Adapting the Mediterranean diet for non-Mediterranean populations allows people to use foods they are familiar with, reducing resistance to change.
- Nutritionists say that flexible, plant-rich diets that respect local food systems build long-term healthy habits rather than short-term diet fads.

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1. The Mediterranean diet is a style of eating — not a fixed menu — focused on whole foods, healthy fats, and plants.
2. Local substitutions (grains, oils, proteins) make it realistic in India, Asia, Latin America, and elsewhere.
3. Lowering processed foods, sugary drinks, and unhealthy fats can bring major health benefits.
4. Cultural and taste preferences do not need to be sacrificed — only modified for health.
5. Consistency and lifestyle approach are more important than strict compliance.

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- Individuals in non-Mediterranean countries seeking diets for weight loss, heart health, or diabetes prevention.
- Public health experts, nutritionists, fitness coaches looking for frameworks to adapt healthy diets regionally.
- Food policy planners and NGOs working on food security and nutrition in Asia, Latin America, Africa, and South Asia.

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LogsDay is a lifestyle and wellness platform delivering trending news, practical health tips, and ideas for sustainable living. Its mission is to help readers make healthy choices without compromising culture or affordability. The article “Mediterranean Diet for Non-Mediterranean Populations” was written by Koyel Ghosh, a content creator passionate about accessible

wellness.

KOYEL GHOSH

Founder & Researcher, LogsDay

koyel@logsday.com

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