

References

1. Vitiello V & Germani A & Capuzzo Dolcetta E, et al. (2016 May-Jun). The New Modern Mediterranean Diet Italian Pyramid. *Annali di igiene : medicina preventiva e di comunita*, 28, pp. 179-86. doi:10.7416/ai.2016.2096
2. Mente, A., Koning, L. D., Shannon, H. S., & Anand, S. S. (2009). A Systematic Review of the Evidence Supporting a Causal Link Between Dietary Factors and Coronary Heart Disease. *Archives of Internal Medicine*, 169(7), 659. doi:10.1001/archinternmed.2009.38
3. Estruch, R., Ros, E., Salas-Salvadó, J., Covas, M., Corella, D., Arós, F., . . . Martínez-González, M. A. (2018). Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts. *New England Journal of Medicine*, 378(25). doi:10.1056/nejmoa1800389
4. Gotsis, E., Anagnostis, P., Mariolis, A., Vlachou, A., Katsiki, N., & Karagiannis, A. (2014). Health Benefits of the Mediterranean Diet. *Angiology*, 66(4), 304-318. doi:10.1177/0003319714532169
5. Salas-Salvado, J., Bullo, M., Babio, N., Martinez-Gonzalez, M. A., Ibarrola-Jurado, N., Basora, J., . . . Ros, E. (2010). Reduction in the Incidence of Type 2 Diabetes With the Mediterranean Diet: Results of the PREDIMED-Reus nutrition intervention randomized trial. *Diabetes Care*, 34(1), 14-19. doi:10.2337/dc10-1288
6. Psaltopoulou, T., Sergentanis, T. N., Panagiotakos, D. B., Sergentanis, I. N., Kostis, R., & Scarmeas, N. (2013). Mediterranean diet, stroke, cognitive impairment, and depression: A meta-analysis. *Annals of Neurology*, 74(4), 580-591. doi:10.1002/ana.23944
7. Jacka, F. N., O'Neil, A., Opie, R., Itsiopoulos, C., Cotton, S., Mohebbi, M., . . . Berk, M. (2017). A randomised controlled trial of dietary improvement for adults with major depression (the 'SMILES' trial). *BMC Medicine*, 15(1). doi:10.1186/s12916-017-0791-y
8. Babio, N., Toledo, E., Estruch, R., Ros, E., Martinez-Gonzalez, M. A., Castaner, O., . . . Salas-Salvado, J. (2014). Mediterranean diets and metabolic syndrome status in the PREDIMED randomized trial. *Canadian Medical Association Journal*, 186(17). doi:10.1503/cmaj.140764
9. Hoffman, R., & Gerber, M. (2015). Food Processing and the Mediterranean Diet. *Nutrients*, 7(9), 7925-7964. doi:10.3390/nu709537
10. Simopoulos, A. (2002). The importance of the ratio of omega-6/omega-3 essential fatty acids. *Biomedicine & Pharmacotherapy*, 56(8), 365-379. doi:10.1016/s0753-3322(02)00253-6
11. FDA Fish Advice: Technical Information. (2017, March 21). Retrieved September 28, 2018, from <https://www.epa.gov/fish-tech/epa-fda-fish-advice-technical-information>
12. Kafatos, A., Verhagen, H., Moschandreas, J., Apostolaki, I., & Westerop, J. J. (2000). Mediterranean Diet of Crete. *Journal of the American Dietetic Association*, 100(12), 1487-1493. doi:10.1016/s0002-8223(00)00416-8
13. Holli, B. B., & Beto, J. A. (2018). *Nutrition counseling and education skills: A guide for professionals* (7th ed.). Philadelphia, PA: Wolters Kluwer. pp 104

14. Public Health Agency of Canada. (2017, August 15). At-a-glance - The 2017 Canadian Chronic Disease Indicators. Retrieved from <https://www.canada.ca/en/public-health/services/reports-publications/health-promotion-chronic-disease-prevention-canada-research-policy-practice/vol-37-no-8-2017/at-a-glance-2017-canadian-chronic-disease-indicators.html>
15. Stock Photos And Royalty-Free Images By Dreamstime. (n.d.). Retrieved from <https://www.dreamstime.com/>