Mediterranean Diet Enterprises
www.MediDietResources.com

May 7, 2005

Mission: To Popularize and Simplify The Only Diet and Life-Style That Has Worked Over Generations.

Methods: Medical facts...Fiction; The Mediterranean Life-Style; The Mediterranean Mind-Set; The Mediterranean Diet Pyramid - good for all; Mediterranean cuisine (recipes, shopping hints); The central role of Exercise (in the fields or in the cubicle); Related products; Using and referring to all existing sources of information, old and new.

Commercial and Educational Outlets: Print media (booklets, cards, pamphlets, hand-outs); The Internet (this web site); Newspaper; Broadcast; Television media; Stores; Professional Offices.

Our Personal Resources: Physicians - Healing Arts; Epidemiologist; Culinary Arts; Food Service Management; Business and Law Professions; Journalism and Entertainment Fields; Engineering; Teaching Profession

JOIN US REGULARLY FOR GUIDES TO A LIFE-STYLE upon which to build a life.

A little more about us. This is a family enterprise. The Sprecace and Dechiario families have managed to produce and unite in marriage with three health care professionals, two specialists in cuisine, a three-member business group, two teachers, a four-member design and marketing group, an engineer and a web master.

Our Professional complement includes:

George Sprecace, M.D., J.D., FACP, Associate Clinical Professor of Medicine Yale University School of Medicine.
Alan Dechiario, M.D., Clinical Assistant Professor of Medicine, Columbia and NYU Colleges of Medicine.
Mary Grace Webb, MA, RD, CDN, Clinical Nutrition Manager, New York Hospital Queens.
A FEW SIMPLE BUT BASIC RULES TO FOLLOW:

The decision facing you is not whether to lose or to stay at your current weight. The decision is whether to lose or to gain another 50 or more pounds in the next year or two. That's the reality. And that's the committment you face.
It doesn't matter what diets you have tried and failed at. There is plenty of evidence that, except for a life-long committment to the entire Weight-Watchers Program, the only diet and life-style that has been found to work life-long...since before the days of the Romans...is the Mediterranean Diet and Life-Style. Yes, you must weigh yourself, and record your weight, daily. Psychologists call it "positive and negative reinforcement".
No, you don't have to count calories...unless you want to. But one key here is *portion size*. We assume that you are on this web-site because you have long been consuming too much food. So now we will follow THE RULE OF HALF. Whatever portion size you have been used to, whether at home or

especially when eating out, *reduce all portion sizes by half immediately.*

Not only must you *not* miss a meal...you should not allow yourself to get especially hungry: eat four to six times per day...the right foods and in small quantities. We will have suggestions regarding snack foods (eg. fruits, dried fruits, nuts...) in our Products and Buying Guides section. But it's OK to have "lunch" at 10:30 AM and "dinner" at 4:00 PM if that suits you.

Have at least one meal together with the whole family daily, relaxed and uninterrupted except by congenial conversation. This is a daily life-event that you miss at your peril...and at that of your children.

Eliminate all soft drinks. And restrict yourself to one modest drink (preferrably red wine) daily.

Study and understand the *Mediterranean Diet Pyramid*, found elsewhere on this web-site. The new Federal "My Pyramid" is a tribute to all the food lobbyists in Washington, spiced with a dash of political correctness. Eat the right foods and shun the wrong foods. This program is useful also for diabetics and for those with Metabolic Syndrome.

Exercise is vital...and the rule here is *MORE! NOTHING WILL WORK WITHOUT IT.* See suggestions on this site.

Have realistic goals, as outlined on this site. Your body will resist your efforts for a time. But don't you fight yourself or get discouraged. "You can do this".

GS