



## The Diet That Science Shows Could Help You Live Longer (Video)

Almost everyone has decided to go on a diet at some point in hopes of losing a few pounds and improving his or her health. With a nearly constant flow of new fad diets being pushed online and on social media, it can be difficult to know which diet will be most helpful for you. While plenty of the popular diets will help you lose weight and may improve aspects of your health, [Dr. Stephen Kopecky](#), a Mayo Clinic cardiologist, says one diet stands out for its proven ability to help people live longer.

If you knew there was a diet that could not only help you manage your weight, but also could help you live longer, it would certainly catch your attention.

“It really helps us reduce many diseases – not just heart disease, also [Alzheimer’s disease](#),” Dr. Kopecky says. “It reduces almost all cancers. It reduces [arthritis](#). It’s an anti-inflammatory diet, and, so, you have less joint pain.”

While it may seem too good to be true, it’s not. Dr. Kopecky says it has repeatedly stood up to scrutiny.

“It’s one of the most studied diets we have in tens of thousands of patients, and has been shown to be very helpful for us,” Dr. Kopecky says.

It's less restrictive than many fad diets you find online.

"It's very easy to do, and it can be very inexpensive," he says. "[It requires eating] more fruits and vegetables."

Also more fish and lean meats.

"It's really one of the highest fat diets after the keto diet because it's more monounsaturated fat from olive oil, avocado oil, nuts, things like that," Dr. Kopecky says.

It's the Mediterranean Diet Dr. Kopecky is talking about, and he says it could really improve your health. [Mayo Clinic](#), posted on [SouthFloridaReporter.com](#), Mar. 31, 2019

**'Courtesy: Mayo Clinic News Network.'**