

HALT offers the Mediterranean Diet Program and other evidence-based chronic disease interventions through an accessible online platform, designed to provide equitable and affordable access to life-saving health education and promotion.



Mediterranean Diet

Discover the transformative benefits of the Mediterranean Diet, designed to enhance health and prevent disease. Through engaging lessons on nutritional components, cooking techniques, and meal planning, participants will learn to create delicious recipes while mastering essential grocery shopping skills. By embracing the lifestyle factors integral to the Mediterranean way, individuals will cultivate sustainable, healthy habits that nourish both body and mind.



**Offer a 6 week program
or integrate with other
programs**

Lessons

- **Introduction to the Mediterranean Diet**
- **Health Benefits & Disease Prevention**
- **Nutritional Components of the Mediterranean Diet**
- **Cooking Techniques & Recipes**
- **Meal Planning & Grocery Shopping**
- **Lifestyle Factors of the Mediterranean Diet**

**This program is
customizable!
You choose the
duration and content to
best serve your
populations.**