

The Mediterranean Diet

▶ Following a **Mediterranean-style diet** is associated with reduced risk of...

- Heart disease and stroke
- Type 2 diabetes
- Non-alcoholic fatty liver disease
- Dementia and Alzheimer's disease
- Parkinson's Disease
- Arthritis

Weekly, in moderation

non- or lowfat milk, cheese, and yogurt

LOW-FAT DAIRY



Building a MED-style Plate

- 1 Build your meal** around vegetables, legumes, or whole grains
- 2 Add protein.** Focus on more plant protein like legumes and nuts. Include fish, seafood, lean poultry and eggs a few times each week.
- 3 Use olive oil** when cooking
- 4 Have fruit** for dessert

Choose daily,
1 serving of nuts/seeds within your calorie goal
1 serving = 1/2 - 1 oz. nuts, or 1-2 Tbsp. nut-butter

NUTS / SEEDS

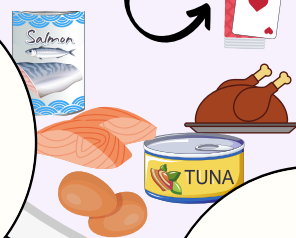


PROTEIN

Weekly, in moderation

fish, seafood, lean poultry, eggs

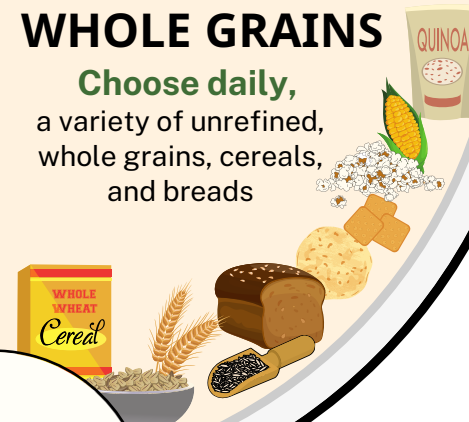
1 serving = 3-5 oz



WHOLE GRAINS

Choose daily,

a variety of unrefined, whole grains, cereals, and breads



FRUITS & VEGETABLES

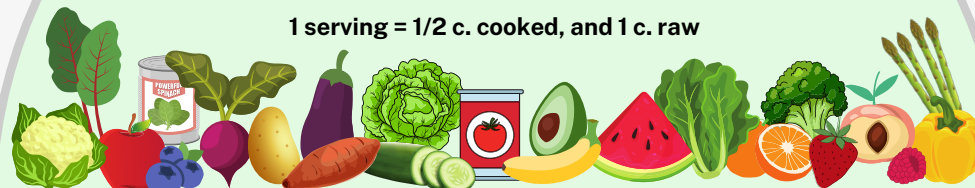
Choose daily,

a variety of fruit and vegetables at each meal

▶ For **vegetables**, aim for 4+ servings per day

▶ For **fruit**, aim for 3+ servings per day

1 serving = 1/2 c. cooked, and 1 c. raw



OLIVE OIL

Choose daily,
as your main source of fat

LEGUMES

Choose daily,

to include more beans, lentils, peas, chickpeas, and soy-foods



Optional: WINE

In moderation,
5oz or less per day



Limit

- Red/processed meat
- Sweets
- Sugar-Sweetened Beverages

6 Tips to Make Your Eating Pattern More Mediterranean

1. Eat more vegetables

- ▶ Choose vegetables often. They are low in calories and rich in fiber and antioxidants that reduce inflammation, support heart health, and promote a healthy weight.
- ▶ Get creative. **Can you include an extra veggie at every meal?**
 - Bulk up a soup, stew, or casserole with extra diced veggies
 - Add more vegetables in your sandwiches or wraps
 - Toss extra spinach in your eggs or soups
 - Try vegetable slices with hummus or nut-butters
- ▶ **Make the smart choice the easy choice** by keeping frozen, canned, or washed fresh vegetables on hand.
 - Save *money* on fresh by buying whole and prepping yourself
 - Save *time* on fresh by buying pre-washed, sliced, and packaged



2. Use fruit to satisfy a sweet tooth

- ▶ Choose fresh, frozen, canned in 100% juice or water, or dried fruits
- ▶ Try a fruit cobbler with an oat/nut crumble. Top with a small amount of low-fat, vanilla yogurt!
- ▶ Use frozen fruit to make a blended treat.
- ▶ Use fruit to sweeten oatmeal, cereal, or yogurt.
- ▶ Save sweet treats for special occasions



3. Focus on fiber

- ▶ Include more high-fiber foods that promote satiety, support heart and gut health, improve glucose control, and support weight loss.
- ▶ Aim to make more of your grains whole. Look for...
 - Packages that say "**100% Whole Grain**," or have "Whole Wheat" listed **first** in the ingredient list.
 - Grain products with **more than 3 grams of fiber** per serving. The goal for most people is 28 - 38 grams per day.
 - Grain products with **less than 10g added sugars**
- ▶ Include a variety of whole grains.
 - Oats, quinoa, brown rice, corn, popcorn, farro, barley, whole grain pasta, 100% whole grain breads, crackers, cereals



4. Snack on nuts and seeds

- ▶ Good source of unsaturated fats and fiber, which promote satiety, and support glucose control and heart health
- ▶ Include daily in amounts within your calorie budget
 - 1 serving is 1/2 to 1 oz per day and is about 100-200 calories
 - Choose nut butters with fewer added ingredients and avoid items that have been candied, honey-roasted, fried, or heavily-salted
- ▶ Pair with other nutritious foods. Add to salads, low-fat yogurt, cereals, soups/stews, vegetables or fruit.



5. Swap out your fats

- ▶ **Unsaturated fats** are anti-inflammatory and help improve insulin sensitivity and lower cholesterol, while **saturated-** and **trans-**fats promote inflammation, heart disease, and type 2 diabetes
 - **Choose more:** olive, canola, or peanut oil and fatty fish
 - **Choose less** butter, lard, margarine and animal fats
- ▶ Purchase more 'nonfat,' 'skim,' or 'low-fat' milks, yogurts, and cheeses
 - Use the Nutrition Facts label to guide food choices



6. Mix-up your protein

- ▶ Eat more **plant-based protein**.
 - Lentils, peas, beans, soy products, nuts, and seeds
 - Bulk up soups, stews, and salads with extra beans or peas
 - Use lentils in place of ground beef in tacos, burgers, or spaghetti
 - Try roasted chickpeas, edamame, hummus, or a bean dip
- ▶ **Weekly**, include fatty fish, seafood, lean poultry, and eggs
 - Limit portion size to 3-4 oz of fish or poultry per meal
 - Choose fresh, frozen or low-sodium canned/pouched fish such as tuna, salmon, sardines, mackerel, herring, or cod.
 - Bake, broil, grill, saute, steam, boil, cook in an Instant Pot/Multicooker, or use an air-fryer (hot-air, oil-free appliance). Limit frying.
- ▶ Include red and processed meat less often.

