

Mediterranean Diet

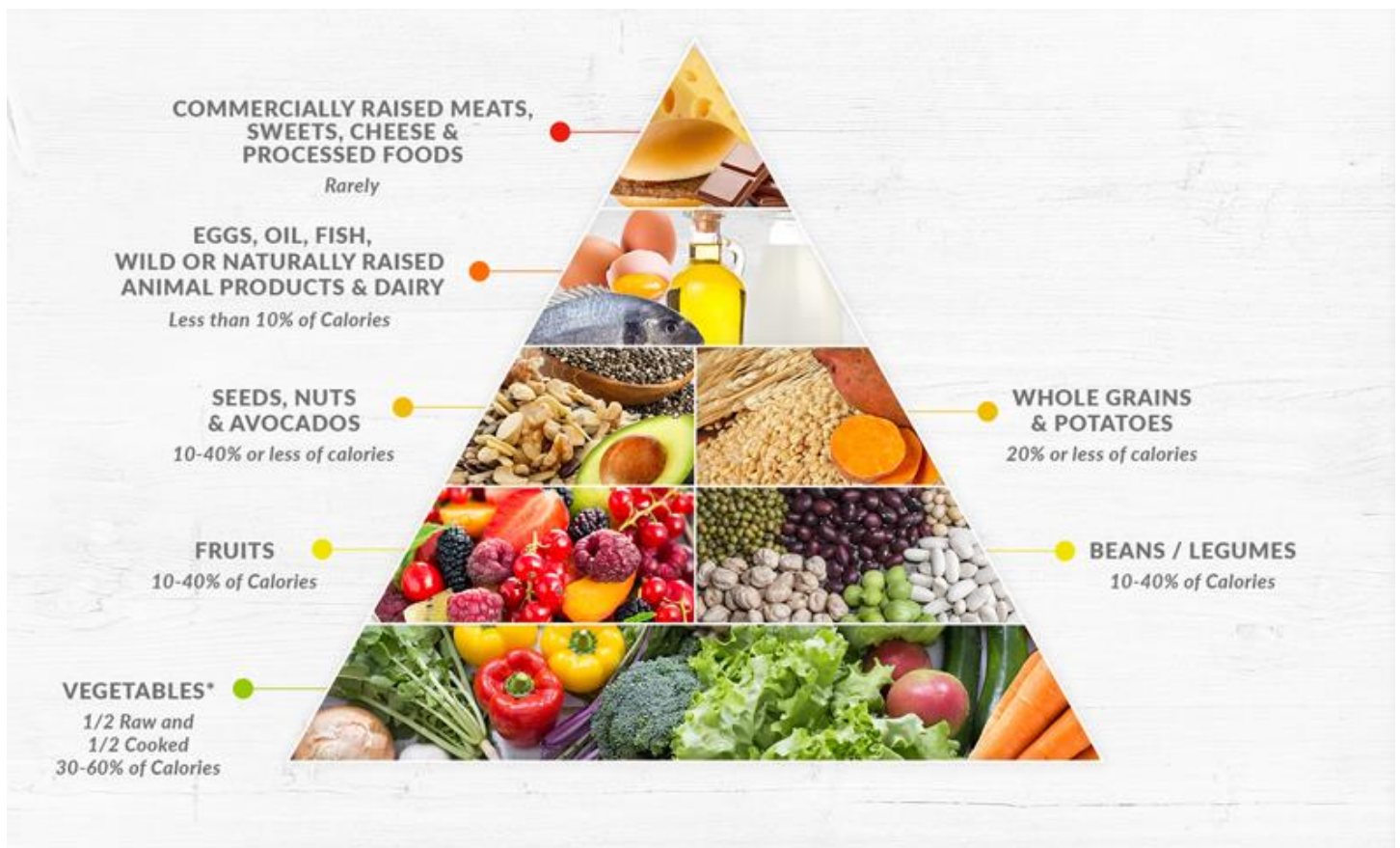


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This is a diet based on how people eat and drink in the 16 countries that border the Mediterranean Sea. It has been shown to reduce risk of developing: cancer, heart disease, high blood pressure, type 2 diabetes, Parkinson's and Alzheimer's disease.

- This diet emphasizes eating foods like fish, vegetables, fruits, beans, high-fibre breads and whole grains, nuts, and olive oil. Meat, cheese, and sweets are very limited.
- The recommended foods are rich in monounsaturated fats, fibre, and omega-3 fats.
- The focus is on natural and minimally processed foods - LESS than 5 ingredients in any packaged item.
- This is a mostly vegetarian diet with fish at least 2 times a week and red meat only a couple of times a month (1 serving is 2.5 ounces (75g), about the size of a deck of cards).



The Breakdown:

- Every day: vegetables, fruits, beans/legumes, whole grains, nuts and seeds, olive oil, herbs and spices
- Throughout the week, in small portions: fish and seafood, poultry and eggs, cheese and yogurt
- Once or twice a month, in small portions: red meat, sweets

Additional components of a Mediterranean lifestyle:

- Be Active: exercise at least 150 minutes a week of activity (walking, swimming, bicycling).
- Socialize: take time to enjoy meals with your friends and family.
- Drink Smart: choose water over soda. Limit wine and drink only with a meal

Avoid these unhealthy foods as much as possible

- Added sugar: soda, candies, ice cream, table sugar and many others.
- Refined grains: white bread, pasta made with refined wheat, crackers, etc.
- Trans fats: found in margarine and various processed foods.
- Highly refined oils: soybean oil, canola oil, cottonseed oil and others.
- Processed meats: processed sausages, hot dogs, deli meats, etc.
- Highly processed foods: anything labeled "low-fat" or "diet" or which looks like it was made in a factory.

Ways to help you move towards implementing the Mediterranean Diet

- Clean out your pantry and throw away all highly processed foods
- Reduce red meat and replace with fish and poultry
- Try eating fresh or frozen fruit instead of sweets for dessert
- Slowly add more vegetable and fruits into every meal
- Use olive oil, herbs and spices for flavor instead of salt and butter
- Drink water instead of soda
- Start eating plant based foods 80% of the time
- Grab a handful of nuts or fruit for a snack
- Limit your dairy intake
- Eat brown rice and other whole grains like quinoa, pot barley, and millet instead of white rice
- Choose whole grain breads and pastas

Recipes and Resources:

- <https://www.themediterraneandish.com/>
- <http://www.mediterrasian.com/index.htm>
- <http://www.mediterrasian.com/index.htm>
- <http://sanaacooks.com/>