

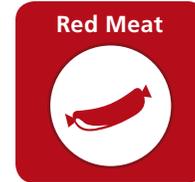
The Mediterranean Diet

Based on how people eat and drink in the 16 countries that border the Mediterranean Sea, this healthy eating plan can reduce your risk of developing heart disease, cancer, high blood pressure, type 2 diabetes, Parkinson’s disease, and Alzheimer’s disease.

The Mediterranean Diet is:

- **Natural:** Focus on minimally processed foods — less than 5 ingredients in any packaged item.
- **Flexible:** Plan for variety — eat different foods each week to make this diet work for you AND your family.
- **Lower Cost:** Save money at the grocery store by buying less red meat, refined grains, desserts, and fast food each month.
- **A Healthy Lifestyle:** Be fit and energetic; reduce your risk of disease, and have fun!

.....
**Once or Twice a Month,
Small Portions ONLY**



.....
Throughout the Week, In Moderation



.....
Every Day, No Restrictions



Olive Oil, Herbs, & Spices



Be Active:
Exercise at least 150 minutes a week (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. See *Alcohol: Rethink Your Drink* for servings.

What's for Breakfast?



● **Most mornings**, start your day with oatmeal and fruit or whole-grain toast and low-fat yogurt with berries. Choose fresh fruit instead of fruit juice.

● **Three to four mornings a week**, enjoy some eggs. Experiment with poached eggs over whole-wheat toast or maybe a bean and low-fat cheese burrito.

■ **Only a couple times a month**, splurge with sausage and whole-grain waffles or bacon and eggs. Try low-fat turkey sausage or bacon, and top your waffle with fruit and sugar-free syrup.

What's for Lunch?



● **Most days**, try different kinds of salads. Add black beans or chickpeas, cooked shrimp or salmon, and olive oil and vinegar dressing. Snack on fruit, nuts, or fresh carrots and snap peas.

● **A couple times a week**, have a piece of grilled chicken or a turkey sandwich on whole-wheat bread. Add tomatoes, lettuce, and avocado to your sandwich. Enjoy some low-fat cottage cheese with fruit.

■ **A couple times a month**, order that hamburger you've been craving, but pass on the cheese. Substitute fruit or salad for the fries. For dessert, try angel food cake with fresh fruit or frozen low-fat yogurt.

What's for Dinner?



● **Most evenings**, fill your plate with vegetables that are steamed, roasted, or sautéed in a little olive oil with herbs and spices. Add beans, lentils, brown rice, or whole-grain pasta. If you enjoy red wine, have 1 glass with your meal.

● **A couple times a week**, fill half your plate with vegetables, and add some chicken or fish and brown rice or quinoa. Enjoy some fruit for dessert.

■ **A couple times a month**, add roast beef, lamb chop, or pork tenderloin and barley to your half plate of vegetables. For a treat, fix fruit-based desserts like a low-sugar cobbler or berries with low-fat topping.

Making the Move to the Mediterranean Diet

Clean out your pantry; throw away highly processed foods.

Reduce red meat; replace with fish and poultry.

Try fruit instead of sweets for dessert.

Slowly add more fruits and vegetables into every meal (see Sample Recipes).

Use olive oil, herbs, and spices for flavor instead of salt and butter.

Drink water for lunch 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 to low-fat milk, yogurt, and cheese.

Prefer brown rice and whole-grain bread.

