

MEDITERRANEAN DIET



HEALTH BENEFITS

HEART DISEASE AND STROKE PREVENTION



REDUCED RISK OF ALZHEIMER'S

PROTECTION AGAINST TYPE 2 DIABETES

REDUCED RISK OF PARKINSON'S



THE BASIC GUIDELINES

- Eat mostly fruits and veggies, bread and other cereals, nuts, seeds, beans, and olive oil and drink plenty of water
- Increase intake of fish and other seafood, while decreasing intake of red meat
- Eat a moderate amount of poultry, eggs, cheese, and yogurt
- Eat meats and sweets sometimes, less so than other foods
- Aim for daily physical activity



WHAT IS IT?

The Mediterranean diet is a pattern of eating (not a restrictive diet) that provides adequate nutrition through diverse foods and flavors. There are no numbers or rules to follow, just some basic recommendations to guide your eating choices.



TIPS FOR GETTING STARTED

- Include fruits and/or vegetables at every meal and snack
- Switch to olive oil in place of vegetable oils and butter
- Choose seafood more often when possible (2-3 times per week)
- Have smaller portions of red meat and fill out the rest of the plate with other food items
- Choose whole grains when possible
- Snack on nuts and seeds regularly
- Eat lots of beans, chickpeas, and lentils
- Add herbs and spices liberally in your cooking to add flavor and variety
- Don't stress about "getting it right" because food and eating should be enjoyable and flexible!



SHOPPING LIST IDEAS



Fruits

(Fresh, frozen, or canned)

Apples, bananas, oranges, berries, peaches, apricots, pears, mango, kiwi



Vegetables

(Fresh, frozen, or canned)

Peppers, onion, radish, carrot, cucumber, asparagus, spinach, lettuce, tomatoes, arugula, green beans, beets, squash



Legumes, Nuts, Seeds

Beans (any type), lentils, chickpeas, cashews, almonds, walnuts, pinon, pecans, pistachios, sesame seeds, sunflower seeds, pepitas, peas



Grains

Rice, pasta, whole-wheat bread, tortillas, quinoa, barley, posole, chicos, corn, oatmeal, polenta



Fish and Seafood

Clams, crab, halibut, lobster, mussels, salmon, scallops, shrimp, sole, tilapia, trout, tuna



Herbs, Spices

Cilantro, rosemary, basil, oregano, cumin, chile powder, garlic, parsley, nutmeg, cinnamon, pepper, sage, thyme



Dairy, Meat, Eggs, Fats

Low-fat yogurt (Greek or regular), low-fat milk, cheese, eggs, chicken, olive oil, olives, avocado

