# MEDITERRANEAN DIET

# **HEALTH BENEFITS**

HEART DISEASE AND STROKE PREVENTION



REDUCED RISK OF ALZHEIMER'S

PROTECTION AGAINST TYPE 2
DIABETES

REDUCED RISK OF PARKINSON'S

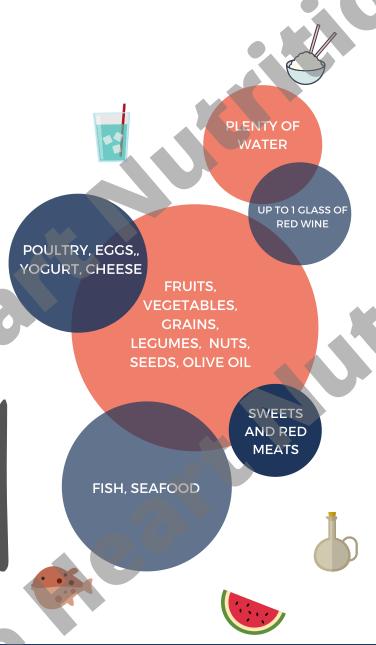


- Eat mostly fruits and veggies, bread and other cereals, nuts, seeds, beans, and olive oil and drink plenty of water
- Increase intake of fish and other seafood, while decreasing intake of red meat
- Eat a moderate amount of poultry, eggs, cheese, and yogurt
- Eat meats and sweets sometimes, less so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



- 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**

(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



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

