

# Mediterranean Diet

Choosing a diet like one eaten by people living around the Mediterranean Sea may lower the risk of cardiovascular disease and have additional health benefits such as decreased inflammation. The diet is mostly plant-based with high amounts of fresh vegetables, fruits, nuts, dried beans, olive oil, and fish. Follow these tips to eat the Mediterranean way!

| Food Group                | Recommended Serving   | Examples  |
|---------------------------|---|---|
| Vegetables                | 4 or more servings each day (one portion each day should be raw vegetables) | A serving is 1 cup raw or 1/2 cup cooked vegetables. Eat a variety of colors and textures. Deep colored vegetables such as carrots, beets and sweet potatoes are great choices.               |
| Fruits                    | 3 or more servings each day   | Make fruit your dessert. Choose berries, cherries and melons.   |
| Grains                    | 4 or more servings each day   | Choose mostly whole grains.<br>1 serving = 1 slice bread or 1/2 cup cooked oatmeal  |
| Fats/Oils                 | Olive Oil: 4 Tablespoons or more each day *                                 | Choose extra virgin olive oil (EVOO) and use in salad dressings and cooking; choose avocado or natural peanut butter instead of butter or margarine. *Limit choices if weight loss is a goal. |
| Dried Beans/Nuts/Seeds    | Nuts/Seeds: 3+ servings weekly<br>Beans/Legumes: 3+ servings weekly         | 1 ounce or 1 serving = 23 almonds or 14 walnut halves; 1 serving of beans = 1/2 cup. **Nuts and seeds are higher in fat, so use less if weight loss is a goal.                                |
| Fish and Seafood          | 2-3 times each week   | Choose salmon, mackerel, sardines, herring, black cod, trout, and tuna (cold water fish) which are rich in Omega-3 fatty acids.   |
| Herbs and Spices          | Use daily   | Season foods with herbs, garlic, onions, and spices instead of salt. Try basil, oregano, cinnamon, ginger, rosemary, curcumin, and turmeric.  |
| Yogurt/Cheese/Egg Poultry | Choose daily to weekly  | Choose low-fat yogurt and cheeses; choose skinless chicken or turkey in place of red meat.  |
| Alcohol/Wine              | Men: 1-2 glasses each day **<br>Women: 1 glass each day **                  | **Always ask your medical team if alcohol is ok for you to consume.   |
| Other Beverages           | Daily   | Drink at least 8-10 cups of non-caffeinated beverages daily. Consider teas (green, oolong or white).  |

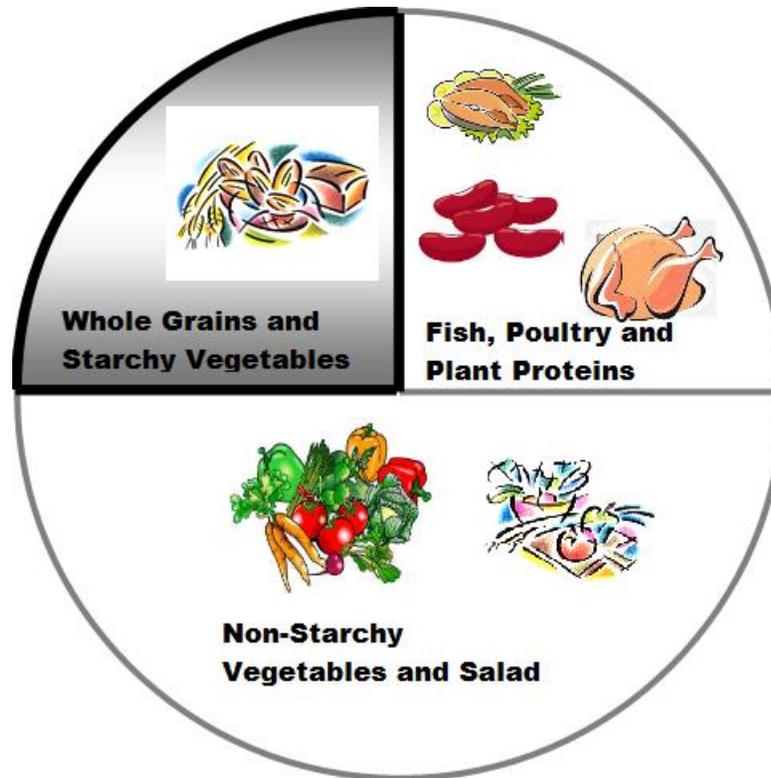
## Mediterranean Plate

### Fresh Fruit 1 piece or 1/2 cup



Choose deeply colored fruits such as cherries, berries, grapes, pomegranate and watermelon

One quarter of your plate should include about a cup of a whole grain or a starchy vegetable. The second quarter should include 2-4 ounces of fish, seafood, poultry or a plant protein food.



On half of your plate, include colorful vegetables such as beets, carrots and dark green leafy vegetables to provide vitamins, minerals and fiber

## Beverages



Choose water, tea or red-grape based beverages.

## Dairy 1 cup of milk or yogurt



Milk and yogurt provide energy, protein, vitamins A and D, calcium and phosphorus. Choose low-fat and non-fat items.

\*Shaded areas contain carbohydrates