

The Mediterranean Eating Style

Why Choose a Mediterranean Eating Style?

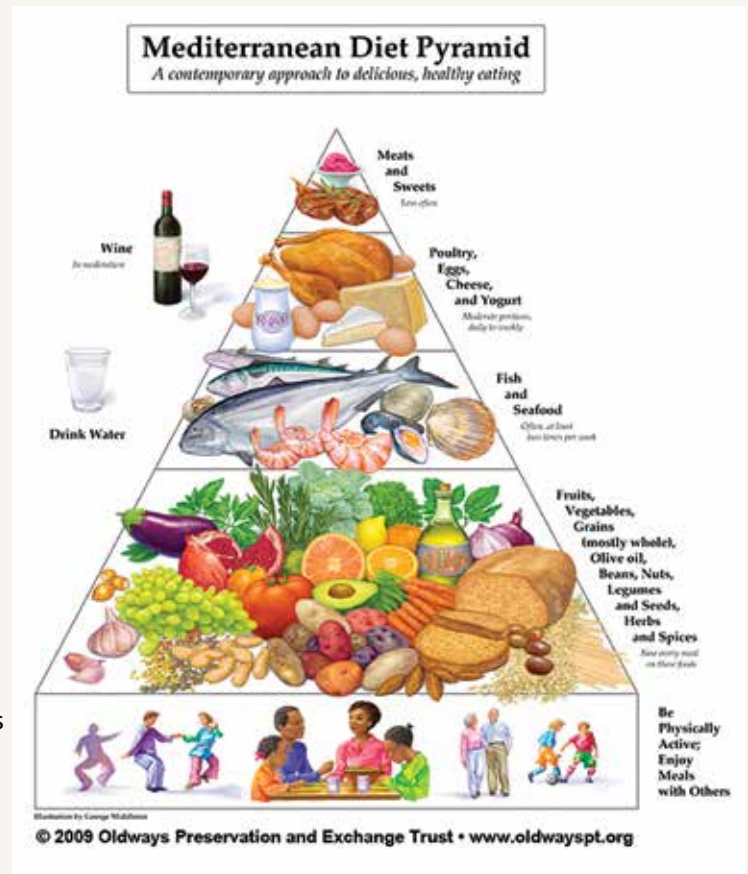
A Mediterranean diet containing olive oil or tree nuts has many beneficial effects on health. Benefits include a reduced risk of heart attacks and strokes, less cognitive decline, lower diabetes risk, and a reduction in total mortality.¹⁻⁴ Eating "Mediterranean" is a great way to improve overall health!

The Basic Principles of Mediterranean Eating Style

Olive oil, tree nuts (walnuts, almonds, and hazelnuts), peanuts, fresh fruits, and vegetables should be consumed daily. Fish (especially fatty fish), seafood, legumes, Sofrito (sauce prepared with olive oil, tomatoes, onions, garlic and aromatic herbs) and white meat instead of red meat are also eaten in a Mediterranean diet. Wine, if consumed, should be drunk with meals and in moderate amounts. Soda and sweetened drinks, spread fats, and red and processed meats are discouraged and consumption should be limited to less than one serving per day, and bakery sweets and pastries should be limited to less than three servings per week.⁵

Eight Steps To Go Mediterranean For Good Health!

1. **Increase your veggies.** Choose bright colored vegetables and lots of varieties. When filling up your plate, make half of it vegetables.
2. **Reconsider your meat intake.** Choose smaller amounts. Fill only one quarter of your plate with lean meat or skinless poultry. A serving of meat is 3 ounces (or the size of a deck of cards) or less.
3. **Breakfast is vital.** Fuel up at breakfast with what your body needs: whole grains, low-fat dairy, fresh fruit, raw nuts or avocados are good choices.
4. **Eat seafood twice per week.** 3.5 ounces of fatty fish is recommended 2-3 times per week. Salmon, tuna, herring, sardines are also rich in omega-3 fatty acids, which are beneficial for both brain and heart health.
5. **Skip meat once per week and go vegetarian.** Instead of meat, build your meal around cooked beans by including these in mixed dishes such as meatless chili, bean soups, or add them to salads, in a side dish or to a variety of Mexican recipes.
6. **Replace bad fats with healthy fats.** Healthy fats include extra virgin olive oil, tree nuts, sunflower seeds, and peanuts (unsalted), olives and avocados.
7. **Enjoy low-fat dairy.** Enjoy Greek, low-fat plain yogurt, skim or 1% milk, and small amounts of cheeses.
8. **Try fresh fruit for dessert.** Choose a variety of fresh, dried or frozen fruits: pomegranates, dried figs and kiwis, as well as peaches, pears, apples, etc. Limit desserts and sweets as special occasional treats.



Quick Mediterranean Menu Ideas

Breakfast: 1 slice whole grain toast with ¼ mashed avocado, fresh berries and plain, low-fat yogurt.

Lunch: Whole-wheat pita or corn tortilla with a mozzarella cheese slice or feta, tomatoes, baby spinach, olive oil, and a dash of basil. Fresh apple.

Snack: 1/4 cup mixed raw almonds, sunflower seeds, and raisins

Dinner: Mediterranean salmon with cherry tomatoes, chopped zucchini, capers, olive oils and ripe olives. Fresh seasonal melon and kiwi with low-fat, plain Greek yogurt for dessert.

References:

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