

When you think of the Mediterranean, what comes to mind? Turquoise water? Sunny skies? Olive trees?



THE MEDITERRANEAN DIET

The Mediterranean Diet (or Med Diet) reflects a way of eating that is traditional in the countries that surround the Mediterranean, but you don't need to travel any further than to your local supermarket to discover its delicious flavors and fresh foods. It's easy to bring the remarkable health benefits and affordable Mediterranean style of eating to your kitchen cupboards, your refrigerator, your countertops, your stovetop, your oven, and your table every day. Embracing the Med Diet is all about making some simple but profound changes in the way you eat today, tomorrow, and for the rest of your life.

What to eat... how often... and how much. Oldways can help you get started with the Med Diet, in just a few easy steps.



FOLLOW 8 SIMPLE STEPS FOR GOOD HEALTH

1. Eat Lots of Vegetables.

There are so many choices! With fragrant mixed dishes typical of the Mediterranean, it is even easier to make half of your plate (or bowl) vegetables. Choose recipes like grain bowls, vegetable-based soups, and salads as a delicious strategy to incorporate more produce into your daily routine.

2. Change Your Outlook on Meat.

If you eat meat, have smaller amounts. For example, add small strips of sirloin to a vegetable sauté, or garnish a dish of pasta with diced prosciutto. As a main course, have smaller portions (3 ounces or less) of chicken or lean meat.

3. Enjoy Some Dairy Products.

Eat Greek or plain yogurt. Try smaller amounts of a variety of traditional, artisan cheeses.

4. Eat Seafood Twice a Week.

Fish such as tuna, herring, salmon, and sardines are rich in heart-healthy omega-3 fatty acids. Shellfish including mussels, oysters, and clams have similar benefits for brain and heart health.

5. Cook a Vegetarian Meal Weekly.

Build these meals around beans, whole grains, and vegetables, and heighten the flavor with fragrant herbs and spices. When one night feels comfortable, try two nights per week.

6. Use Healthy Fats.

Include sources of healthy fats in daily meals, especially extra-virgin olive oil, nuts, peanuts, sunflower seeds, olives, and avocados.

7. Switch to Whole Grains.

Whole grains are healthier, with more fiber, more protein, and higher levels of many essential nutrients. Cook traditional Mediterranean grains like bulgur, freekeh, barley, farro, and brown or black rice, and favor products made with whole grain flour. Even those on gluten-free diets can benefit from switching to whole grains like brown rice, quinoa, or sorghum. Gluten-free does not mean grain-free.

8. For Dessert, Eat Fruit.

Choose from a wide range of delicious fresh or dried fruits—from fresh figs and oranges to pomegranates, grapes, raisins, and apples.

For detailed recipes and additional resources on the Mediterranean Diet, visit www.oldwayspt.org