

Mediterranean Diet

The Mediterranean diet has been around for thousands of years. It offers a practical, effective and enjoyable strategy that is relatively easy to adopt. The incidence of heart disease in Mediterranean countries is lower than in the United States. It may also help in lowering blood pressure and inhibiting LDL-C cholesterol. The basic dietary pattern characteristics are as follows:

- High consumption of fruits, vegetables, whole grain breads and cereals, potatoes, brown rice, beans, nuts and seeds.
- Olive oil is an important monounsaturated fat source (oleic acid).
- Low-fat dairy products, fish and poultry are consumed in low to moderate amounts, and little red meat is eaten.
- Eggs are consumed zero to four times a week.
- Red wine is consumed in low to moderate amounts.

Practical suggestions for incorporating the Mediterranean diet into every day life.

Fruits and Vegetables	Wide variety of whole fruits and vegetables: 7-10 servings per day
High-fiber breads, cereals, and pasta	Whole-grain bread and cereal, bran, brown rice
Protein that is low in saturated fat	Lean cuts of meat (fat trimmed) or poultry (no skin); low fat dairy products
Fish or other source of omega-3 fatty acids, at least 1 or 2 times per week	Salmon, trout, herring, water packed albacore tuna, mackerel (or fish oil supplement); flaxseed, walnuts
Healthy oils for cooking, salad dressing	Extra-virgin olive oil, canola oil flaxseed oil
Peas, beans, legumes and nuts	Soybeans, lentils, or any kind of peas, beans, or legumes; tree nuts (almonds, pecans, walnuts, cashews, brazil nuts)

Food Choices Guide Mediterranean Menu

	Choose more often:	Choose less often:
Protein sources		
	Almonds Dried beans Egg whites Feta Cheese Fish Halibut Lean beef Legumes Lentils	Bacon Beef Bologna Breaded fish Dairy products Hot dogs Liverwurst Pepperoni Pork

	<ul style="list-style-type: none"> Nuts Part skim mozzarella cheese Plain yogurt Salmon Scallops Seeds Sesame seeds Shellfish Shrimp Skinless poultry Tuna Walnuts 	<ul style="list-style-type: none"> Processed lunch meats Salami Sausage Seafood prepared with butter Veal lamb Whole eggs
Fats and oils		
	<ul style="list-style-type: none"> Olive oil Canola oil Olives Seeds Nuts Feta Cheese Avocados 	<ul style="list-style-type: none"> Butter Coconut oil Ice cream Mayonnaise Partially hydrogenated Vegetable oil Red meat Whole milk
Carbohydrates		
	<ul style="list-style-type: none"> Apples Bran Broccoli Broccoli Brown rice Brussels sprouts Cabbage Carrots Cauliflower Cereals Citrus fruits Couscous Cucumber Dried peas and beans Fresh fruits and vegetables Oatmeal Polenta Potatoes Rye Strawberries Tomato Wheat Whole grains Whole Wheat Pita Bread 	<ul style="list-style-type: none"> White sugar Brown sugar Raw sugar Corn syrup Honey Molasses Soft drinks Candy Ice cream Jams Jellies

Mediterranean Diet Sample Menu

	Day 1	Day 2	Day 3	Day 4
Breakfast	<p>1/3 C Cantaloupe 1 Slice Whole Grain Toast 2 t Peanut Butter 1 Apple</p>	<p>Mediterranean Omelet: 3 Eggs with 1 T olive oil 1 C Cooked spinach, garlic, chopped onion. 1 T Swiss Cheese</p>	<p>Sliced Kiwi and Orange with Greek Yogurt Sprinkle with toasted almonds</p>	<p>3/4 C Mixed Grain Muesli with Hazelnuts and Bananas</p>
Lunch	<p>2 C Fresh Spinach Salad 3 oz. Grilled Chicken Breast 1 T Olive Oil 1 T Vinaigrette 1 small Whole Wheat Pita 1/4 C Strawberries</p>	<p>3 oz Chicken Whole Wheat Pita Spinach Salad 1 C Fresh Fruit</p>	<p>1/3 C Pasta 1 T Olive Oil 1/4 C Sun dried tomatoes 1 C Mushrooms and Broccoli 1/4 C Blueberries</p>	<p>Chicken Skewer 1/2 C Tzatziki Sauce (Cucumber Dip) Whole Wheat Pita Grilled Eggplant 1/2 C Cantaloupe</p>
Dinner	<p>5 oz Fish 1 small Sweet Potato 2-3 C Broccoli, Carrots, Peppers, Onions Sautéed in Garlic and Olive Oil 1 C Fresh Fruit</p>	<p>3/4 C White Beans 1 C Couscous 2-3 C Tomatoes, Cucumbers, Red Peppers 1 T Olive Oil 1 C Watermelon</p>	<p>5 oz Fish 1/3 C Rice Pilaf Greek Salad: 2 C Green Leaf Lettuce 2 T Feta Cheese 2 T Olives Tomato Cucumber Red Onion</p>	<p>3 oz Grilled Chicken with Feta Cheese, Green Peppers. Small Baked Potato 1 Glass Red Wine</p>
Snacks	<p>1 small Handful of Nuts Seeds</p>	<p>Humus and Whole Wheat Pita Bread</p>	<p>Yogurt and Fruit</p>	<p>Whole Wheat Roll Cucumber slices</p>