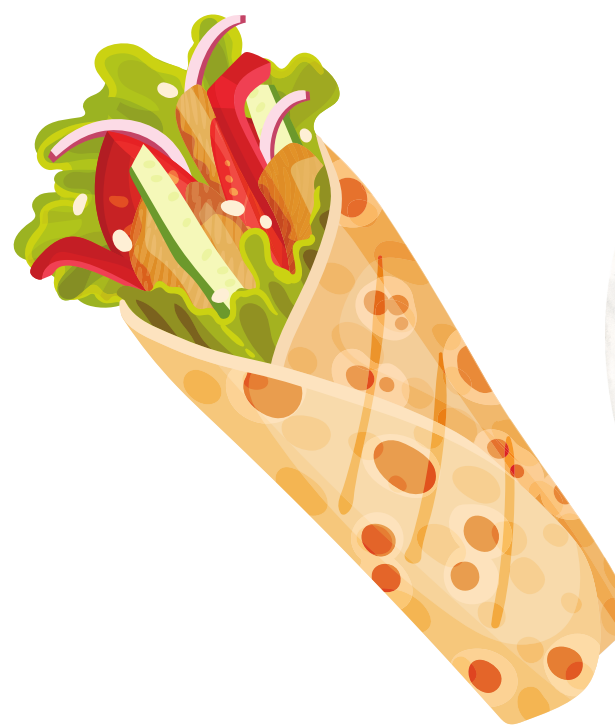
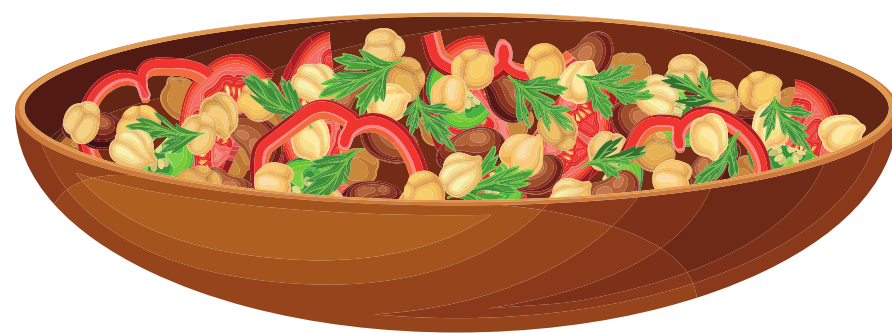
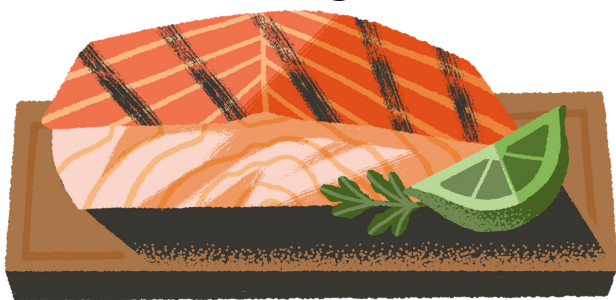


The Mediterranean Diet

How Do I Eat Mediterranean?

- Eat lots of **vegetables, fruits, whole grains, beans, and legumes**
- Include low fat or **fat free dairy, fish, poultry, and nuts**
- **Limit sugars, sugary beverages, sodium, highly processed foods, refined carbohydrates, saturated fats, and processed meats**

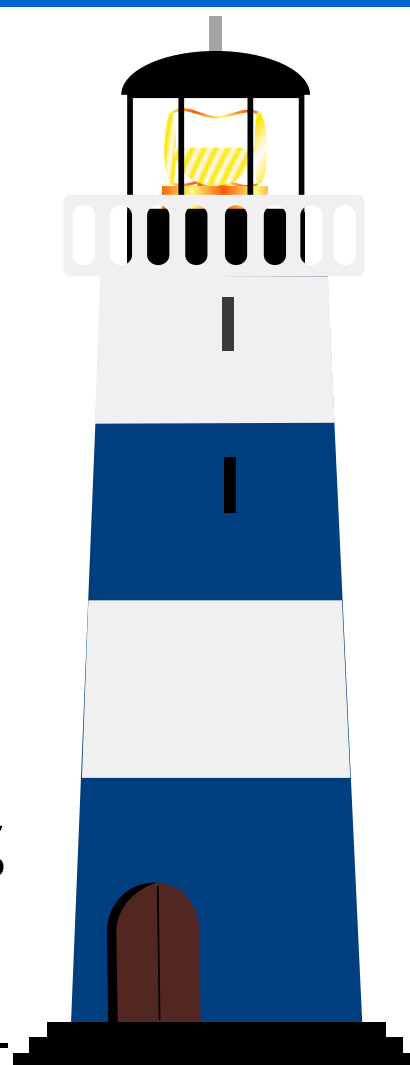


Example dishes include:

- Broiled salmon with herb and mustard glaze
- Chickpea salad with yogurt tahini dressing
- Chicken shawarma
- Spinach, egg and tomato skillet

Why Mediterranean?

- The **American Heart Association** recommends this diet to **prevent stroke** and **reduce** risk factors such as **obesity, diabetes, high cholesterol** and **high blood pressure**
- Mediterranean style eating is **sustainable long term**
- **Some evidence** links this diet to **removing excess cholesterol from arteries**



Strategies for Success

- Use a **Mediterranean cook book** for ideas
- Encourage **whole household** participation
- Make a **meal plan** for each week and buy groceries accordingly
- **Start small** with **manageable goals** such as a few Mediterranean style meals per week
- Keep a **food diary** where you log your meals for the day

For more information visit www.mededmaterials.org

Sources: <https://www.cdc.gov/diabetes/library/features/mediterranean-style-eating.html>,
<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/mediterranean-diet>

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

