

HOW TO GO MEDITERRANEAN



Needing a restart and curious if the **Mediterranean Diet** could be right for you? For so many people out there, the answer is a big YES -- and you don't have to love seafood or Mediterranean food! The **Mediterranean Diet** is a **heart-healthy, plant-rich** style of eating that prioritizes foods high in **healthy fats, fiber and lean protein**, which means it's tasty, filling and great for everything from **managing your weight to your cholesterol**. This is a **"whole food"** diet, so the nutritional benefits come from **fresh, unprocessed** food, as opposed to from supplements.

Why is this such a good choice for so many people? Not only does the **Mediterranean Diet** have the largest body of evidence supporting its health benefits, it's **super flexible and sustainable**. That means you can tailor it to work with your health needs, **your meal timing**, your lifestyle and your food preferences so it's easy to follow and easy to stick with over the long haul!

THE MEDITERRANEAN DIET PRINCIPLES

WHOLE UNPROCESSED FOODS | PLANT-FORWARD | HEALTHY FATS

WHAT TO EAT?

VEGETABLES & FRUITS: Opt for what's in season & low starch so less potatoes & corn

NUTS AND SEEDS: Almonds & walnuts reign supreme - variety is good so mix it up

LEGUMES: Beans, peas & lentils. 1/2 cup serving is a source of plant-based protein

WHOLE GRAINS: Look for 100% whole grain

FISH & SEAFOOD: Twice a week or more. Low-mercury like salmon & limit tuna to once a week

LEAN POULTRY: Opt for white meat and organic

DAIRY: Greek yogurt is highest in protein, opt for 2% milk instead of other options & use moderate portions of mozzarella, feta & parmesan for the lowest saturated fat

EGGS: Pastured or Omega-3 enriched eggs

HEALTHY FATS: Extra-virgin olive oil, avocados, olives & avocado oil, ground flax & chia seeds

BEVERAGES: Water should be first choice but coffee & tea are also acceptable. Skip the artificial sweeteners

RED MEAT: Limit to once a week & opt for grass-fed, grass-finished

WHAT TO AVOID?

ADDED SUGAR: Sugar-sweetened beverages, juices, soda, candy, ice cream, table sugar and “sneaky” sources in packaged products

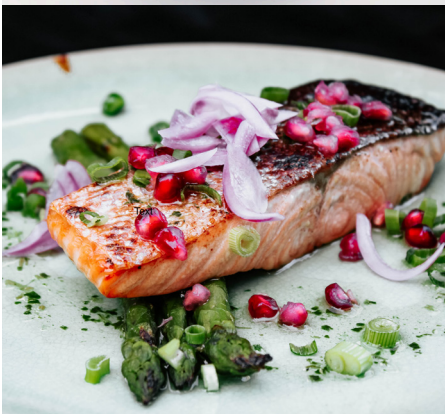
REFINED GRAINS: Try to make half your grains 100% whole grain

TRANS FATS: Found in margarine, many packaged snack cakes & cookies, microwave popcorn, and many “fast foods”

REFINED OILS: Soybean oil, canola oil, cottonseed oil and others & convenience foods using these oils. Stick with extra-virgin olive oil or avocado oil as your go-to’s.

PROCESSED MEAT: Smoked, salted or cured meats, processed sausages, or hot dogs.

HIGHLY PROCESSED FOODS: Anything labeled “low-fat” or “diet” or which has ingredients you don’t recognize.



WHAT’S ON THE MENU?

The Mediterranean Diet doesn’t require “one-size-fits-all.” Here’s a few ideas to suit a range of tastes & cuisines:

BREAKFAST IDEAS

- Omelet with lots of veggies w/berries & almonds
- Greek yogurt with berries, nuts & ground flaxseed
- Eggs and tomatoes, prepared in olive oil with a slice of whole grain toast w/smoked salmon

LUNCH IDEAS

- Greek salad with veggies, olives, chick peas, grilled chicken with olive oil & red wine vinegar
- Grilled mahi-mahi w/salsa, shredded cabbage on small corn tortilla w/black beans & guacamole
- Open-faced sandwich w/fresh roast turkey, mixed greens & sliced tomatoes w/hummus, raw carrot & bell pepper

DINNER IDEAS

- Broiled salmon, served with quinoa & vegetables
- Grilled chicken skewers w/bell pepper, pineapple & onion with a side of spicy cauliflower rice
- Turkey meatballs with fresh tomato sauce & veggies on whole grain pasta with side salad
- Stir-fry tofu in olive oil with broccoli, red pepper, mushrooms & sesame seeds

THE MEDITERRANEAN DIET IN ACTION

LOAD UP ON VEGGIES!

- Foundational for your meals
- Raw, salad, grilled, roasted or sauteed
- Minimally processed, seasonally fresh, grown locally whenever possible
- Follow the “Dirty Dozen/Clean 15” for shopping to know which to buy organic (Environmental Working Group)
- Eat the rainbow – different colors have unique phytonutrients and ALL have nutritional benefits
- HALF your plate should be veggies

RETHINK YOUR MEAT!

- Reduce or eliminate processed and fattier cuts of meat & select lean cuts of white meat poultry
- Consider limiting red meat to once per week & opt for grass-fed, grass-finished when possible
- Pair meat with plant-based proteins such as beans & nuts or seeds to reduce portion sizes
- Include whole soy (edamame, tofu, soy milk) in moderation – avoid processed soy products
- Include low-mercury seafood every week for healthy fat & lean protein

SAVE SWEETS FOR TREATS!

- Work on breaking your daily habit of sugary desserts
- Consider the “Three Pleasures” of the Mediterranean Diet: dark chocolate, nuts & berries
- Go dark! Opt for 70% cacao chocolate or more & avoid the added sugar
- Don’t drink your calories in sugar-sweetened beverages, juices or sodas. Even 100% juice is high in sugar and stripped of fiber

FILL UP ON FIBER!

- Veggies are loaded with fiber & keep you full with less calories
- Fiber in foods keeps your GI system regular
- Soluble fiber found in plant-foods helps lower your LDL (bad) cholesterol
- Watch portion sizes when it comes to fiber-filled whole grains, beans & nuts since they are more energy-dense
- Most adults do not eat the suggested amount of fiber, so start at breakfast to get what you need!

HOW TO EAT OUT WITH THE MEDITERRANEAN DIET

Even A Healthy Restaurant Can Have Menu Items That Are Not So Healthy. Here's some tips...

USE YOUR STARTER to take the edge off your hunger if you arrive with a big appetite. Start with a salad or veggie-based appetizer.

READ THE MENU CAREFULLY Watch out for “extras” that derail your healthy choice. Ask them to hold on the heavy sauces, dressings, crunchy wontons, dried fruit, sugar-coated nuts, or deep-fried or battered proteins.

IT'S OK TO BE HIGH MAINTENANCE! Send away the bread basket, chips or breadsticks to resist filling up on empty calories.



PICK YOUR PROTEIN Choose fish, seafood, chicken or a plant-based protein as your main dish, roasted or simply grilled.

PORTION SIZE Even with healthy food, portions matters & restaurants tend to overdo it on grains, starches and pasta. You can still order those foods, but be mindful of eating the right amount.

FINAL NOTE: Don't make your meal harder than it needs to be - try to avoid ordering anything or adding anything to the table you're trying not to eat. It will make your meal more stressful if you order something you're trying not to eat. Order food you can eat and feel good about.

DO YOU HAVE MORE QUESTIONS ABOUT THE ROLE OF FOOD IN YOUR HEALTH?

A one-on-one session with me will seamlessly pick up where your medical visit leaves off. We will look at everything from body composition, diet history & eating style, to nutritional issues from recent blood work. Together we will visualize your health goals & tackle any barriers to your success. I will create a plan that is personalized for you and what YOU need, including meal plans, recipes, shopping lists & customized resources. We'll discuss the role diet and lifestyle changes play in:

- Heart disease
- High cholesterol
- Kidney & Liver disease
- Diabetes
- Digestive disorders
- Weight management
- Cancer

**KATE
FOR
HEALTH**



If you have questions about how to make your diet & lifestyle work better for your life, let's talk --

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