



Ellison
Institute

Revisiting the Mediterranean Diet

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Principles of the Mediterranean Diet



Whole food, Plant-forward & Healthy Fats

- ✓ Vegetables & Fruits
- ✓ Beans & Legumes
- ✓ Whole grains, Nuts & Seeds
- ✓ Fish & seafood at least twice a week
- ✓ Olive oil as the main source of fat
- ✓ Cheese & yogurt in moderation

Benefits of the Mediterranean Diet

Research has found that the **principles** of this pattern of eating may help lower risk of:

- Cardiovascular disease and stroke
- Alzheimer's and Parkinson's Disease
- Cancer

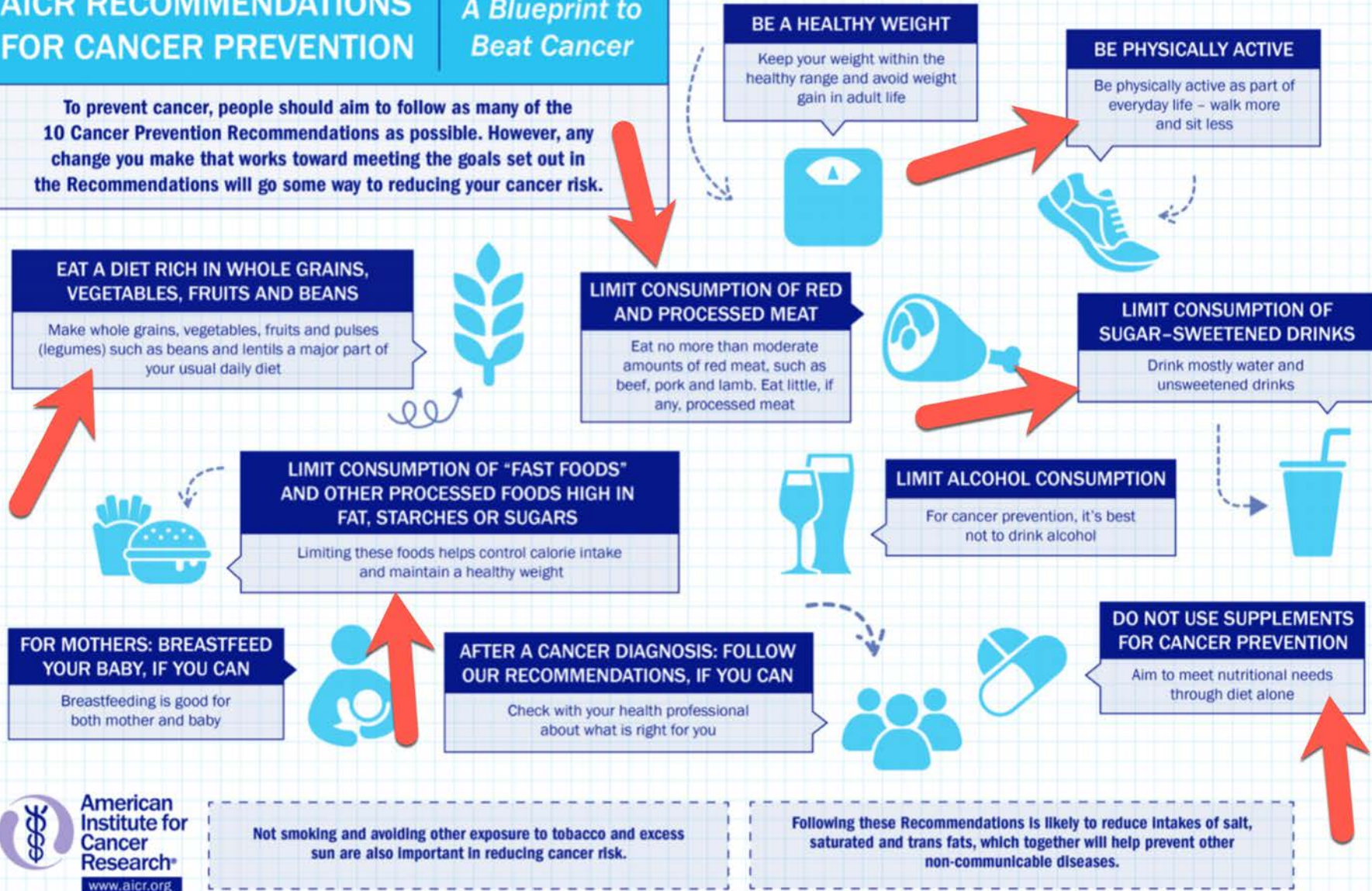
With new research all the time....



AICR RECOMMENDATIONS FOR CANCER PREVENTION

A Blueprint to Beat Cancer

To prevent cancer, people should aim to follow as many of the 10 Cancer Prevention Recommendations as possible. However, any change you make that works toward meeting the goals set out in the Recommendations will go some way to reducing your cancer risk.



Putting the Mediterranean Diet into action



Load up on Veggies

- Foundational for your meals
- Raw, salad, grilled, roasted or sauteed
- Minimally processed, seasonally fresh, grown locally whenever possible
- HALF your plate should be veggies
- Eat the rainbow – different colors have different phytonutrients with different benefits so get them all

Putting the Mediterranean Diet into action



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 caloric
- Most adults do not eat the recommended amount of fiber so start at breakfast to get what you need

What's the skinny with the fats?

Focus on unsaturated & Avoid saturated

Saturated fat:

- Raises LDL (bad) cholesterol
- Found in full-fat dairy, butter, red meat, coconut oil, processed baked goods (e.g. Entenman's & Twinkies)

Unsaturated fat: "Healthy fat"

- Lowers LDL (bad) cholesterol
- Monounsaturated fats (Olive oil, avocado, almonds, cashews)
- Polyunsaturated fats (Omega-3 & Omega-6 fats such as salmon, sardines, flaxseed & walnuts)

Putting the Medi Diet into MEALS



What can your BREAKFAST look like?

- Vegetable omelet made with mushrooms, spinach, and onions cooked in olive oil with crusty whole-grain bread
- Whole-grain bread topped with $\frac{1}{4}$ smashed avocado, scrambled eggs and slices of fresh tomato, drizzled with a little extra virgin olive oil
- Plain Greek yogurt topped with nuts and fresh berries, sprinkled with chia or ground flaxseed