

GETTING STARTED WITH THE MEDITERRANEAN DIET

The Mediterranean diet reflects a traditional way of eating in the countries that surround the Mediterranean Sea. Scientific evidence shows that it can lower the risk of heart disease and high blood pressure, fight certain cancers and chronic diseases, and reduce the risk of diabetes, among other benefits. **And, it's delicious!**

TIPS FOR GETTING STARTED:

1. Eat lots of vegetables.

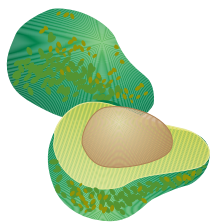
From a simple plate of sliced fresh tomatoes drizzled with olive oil to fragrant soups and stews, vegetables are vitally important to the delicious flavors of the Mediterranean Diet.

2. Change the way you think about meat.

If you eat meat, have smaller amounts. Try one meatless meal a week.

3. Use good fats.

Choose healthy fats, such as olive oil, nuts, seeds, olives, and avocados every day.



For more tips and recipe ideas, order our *4-Week Mediterranean Diet Menu Plan* today!

Scan the code or go to our store:

www.oldwayswebstore.org



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