



## MEDITERRANEAN DIET PYRAMID

Here's how to follow this visual guide to the Med Diet, from the bottom (most important!) on up. Base your meals mostly on a variety of foods nearest the base of the pyramid.

- Look for ways to be more active. Good food alone isn't enough to live a healthy life.
- Cooking and enjoying the pleasures of the table with family and friends contribute to good health.
- Every day, eat mostly whole grains, fruits, vegetables, beans, herbs, spices, nuts and peanuts, and healthy fats such as those found in olive oil. These are the core Med Diet foods you will shop for, prepare, and eat most often.
- At least twice a week, eat fish and seafood, the best sources of heart-and brain-healthy omega-3s.
- Yogurt, cheese, poultry, and eggs are also central to the Mediterranean Diet, in reasonable portion sizes.
- Red meat and sweets, at the top of the pyramid, are "sometimes" foods to eat less often.
- Wine and water are the typical beverages of the Med Diet. If you drink wine, enjoy moderate amounts: up to one glass per day for women, two for men. And, drink water throughout the day.



## TO YOUR GOOD HEALTH!

There are many reasons to follow the Med Diet! Scientific evidence shows that it may help you:

- Achieve Weight Loss and Weight Management Goals
- Lower Your Risk of Heart Disease and Stroke
- Fight Certain Cancers and Chronic Diseases
- Maintain Brain Health During Aging
- Avoid Diabetes
- Resist Depression
- Nurture Healthier Babies
- Ward off Parkinson's Disease

## EASY RECIPES TO FOLLOW THE MEDITERRANEAN DIET

Following the Med Diet's 8 simple steps for good health is easy, quick, and affordable with recipes such as:

- Greek Garden Pizza
- Pasta with Quick Marinara and Shrimp
- Spinach and Olive Pesto
- and dozens more

For detailed recipes and additional resources on the Mediterranean Diet, visit [www.oldwayspt.org](http://www.oldwayspt.org)

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# OLDWAYS MEDITERRANEAN DIET

GOODNESS REDISCOVERED through the healthy and delicious cultural eating traditions of the Mediterranean



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CULTURAL FOOD TRADITIONS



When you think of the Mediterranean, what comes to mind? Turquoise water? Sunny skies? Olive trees?



## THE MEDITERRANEAN DIET

The Mediterranean Diet (or Med Diet) reflects a way of eating that is traditional in the countries that surround the Mediterranean, but you don't need to travel any further than to your local supermarket to discover its delicious flavors and fresh foods. It's easy to bring the remarkable health benefits and affordable Mediterranean style of eating to your kitchen cupboards, your refrigerator, your countertops, your stovetop, your oven, and your table every day. Embracing the Med Diet is all about making some simple but profound changes in the way you eat today, tomorrow, and for the rest of your life.

**What to eat... how often... and how much. Oldways can help you get started with the Med Diet, in just a few easy steps.**



## FOLLOW 8 SIMPLE STEPS FOR GOOD HEALTH

### 1. Eat Lots of Vegetables.

There are so many choices! With fragrant mixed dishes typical of the Mediterranean, it is even easier to make half of your plate (or bowl) vegetables. Choose recipes like grain bowls, vegetable-based soups, and salads as a delicious strategy to incorporate more produce into your daily routine.

### 2. Change Your Outlook on Meat.

If you eat meat, have smaller amounts. For example, add small strips of sirloin to a vegetable sauté, or garnish a dish of pasta with diced prosciutto. As a main course, have smaller portions (3 ounces or less) of chicken or lean meat.

### 3. Enjoy Some Dairy Products.

Eat Greek or plain yogurt. Try smaller amounts of a variety of traditional, artisan cheeses.

### 4. Eat Seafood Twice a Week.

Fish such as tuna, herring, salmon, and sardines are rich in heart-healthy omega-3 fatty acids. Shellfish including mussels, oysters, and clams have similar benefits for brain and heart health.

### 5. Cook a Vegetarian Meal Weekly.

Build these meals around beans, whole grains, and vegetables, and heighten the flavor with fragrant herbs and spices. When one night feels comfortable, try two nights per week.

### 6. Use Healthy Fats.

Include sources of healthy fats in daily meals, especially extra-virgin olive oil, nuts, peanuts, sunflower seeds, olives, and avocados.

### 7. Switch to Whole Grains.

Whole grains are healthier, with more fiber, more protein, and higher levels of many essential nutrients. Cook traditional Mediterranean grains like bulgur, freekeh, barley, farro, and brown or black rice, and favor products made with whole grain flour. Even those on gluten-free diets can benefit from switching to whole grains like brown rice, quinoa, or sorghum. Gluten-free does not mean grain-free.

### 8. For Dessert, Eat Fruit.

Choose from a wide range of delicious fresh or dried fruits—from fresh figs and oranges to pomegranates, grapes, raisins, and apples.

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