

The Gold-Standard

Mediterranean Diet

A Delicious, Satisfying Way to Eat



The Mediterranean Lifestyle

It's a way to eat and live for the rest of your life.

Not at all like those fad diets you've tried.



The Mediterranean Diet...



... is based on traditional foods from countries that surround the Mediterranean Sea.



But you can enjoy it with delicious foods from your local supermarket.

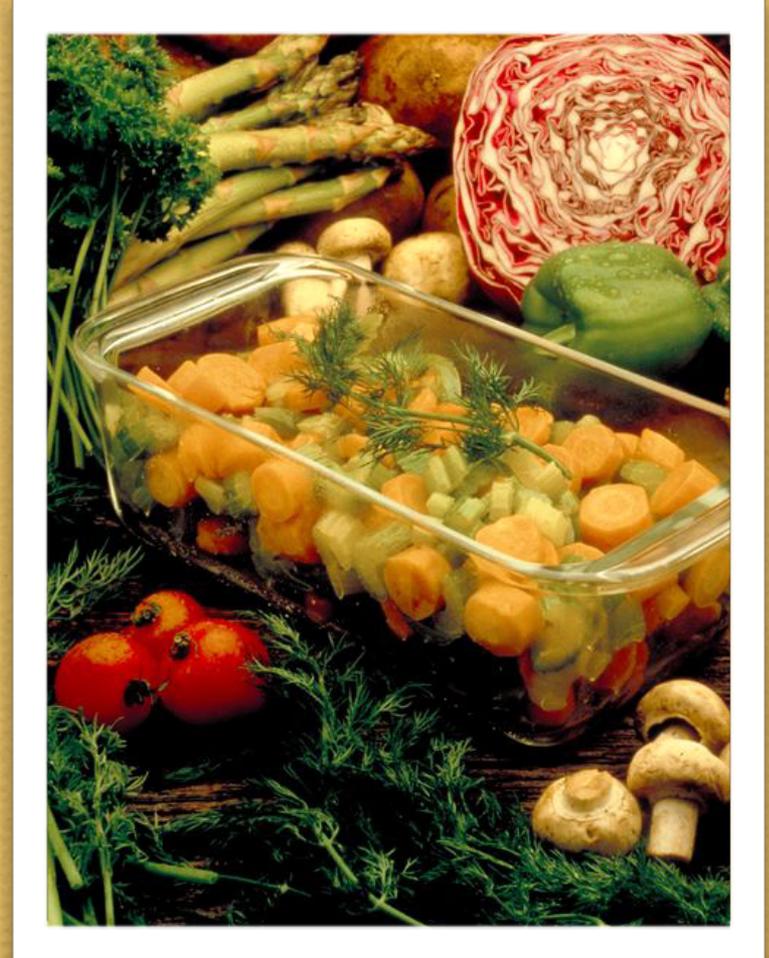


8 Simple Steps for Good Health

1

Eat lots of vegetables.

Can you fill half your plate with them at lunch and dinner?



8 Simple Steps for Good Health

2

**Change the way
you think about
meat.**

*Enjoy small amounts
as a garnish for flavor.*



8 Simple Steps for Good Health

3

**Always eat
breakfast.**

*Start your day with fruits,
whole grains, and foods
that can help keep you
full for hours.*

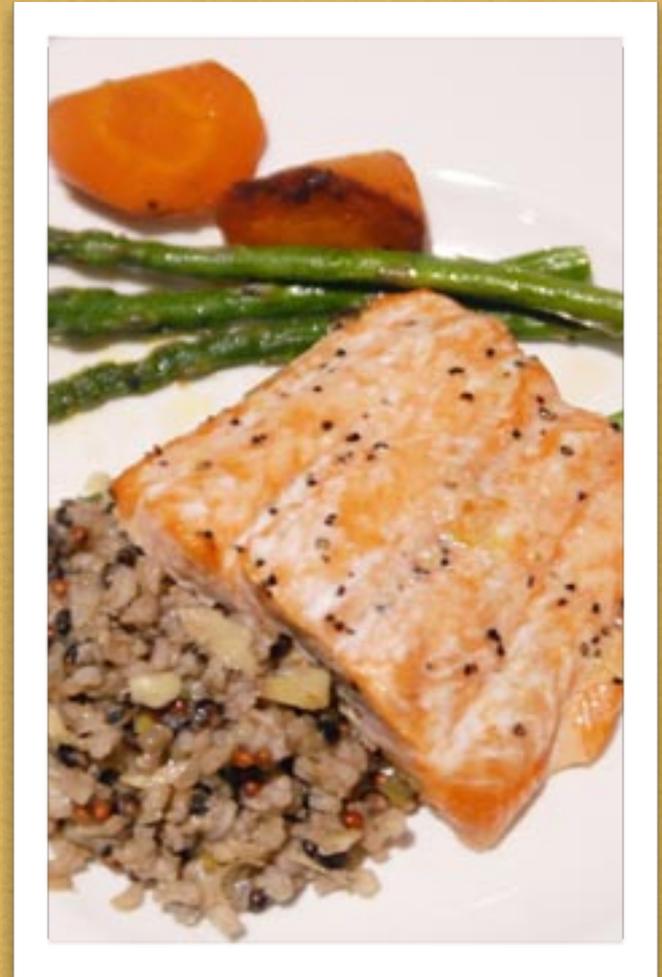


8 Simple Steps for Good Health

4

**Eat seafood
twice a week.**

*For brain and heart health,
enjoy tuna, herring, salmon,
shellfish and other fish.*



8 Simple Steps for Good Health

5

Cook a vegetarian meal once a week.

When one night feels comfortable, try two.



8 Simple Steps for Good Health

6 Use good fats.

Think extra-virgin olive oil, nuts, seeds, peanuts, avocados and more.



8 Simple Steps for Good Health

7 Enjoy some dairy products.

Greek or regular yogurt and a variety of traditional cheeses are great.



8 Simple Steps for Good Health

8

**For dessert,
eat fresh fruit.**

*Save sweets for a rare
treat or special occasion.*



More than just Good Food...

Look for ways to be active.



Dance. Walk. Swim. Bike. Garden. Hike.

More than just Good Food...

Spend time with family and friends.



Share your food, spiced with conversation.

Mediterranean Diet Pyramid



© 2009 Oldways Preservation and Exchange Trust • www.oldwayspt.org

Many Health Benefits

Scientific evidence shows the Med Diet helps:

- Reach weight loss or management goals
- Lower your risk of heart disease and high blood pressure
- Fight certain cancers and chronic diseases
- Reduce asthma
- Avoid diabetes; manage blood sugar
- Resist depression
- Nurture healthier babies

Mediterranean Diet Swaps

Instead of....



Choose....

Mayonnaise on your sandwich

Hummus

Butter on your toast

Olive oil or nut butter

Meat in pasta sauce

More vegetables!

Chocolate cake

Baked pear & yogurt sauce

A bagel with jam

Oatmeal with berries or

Greek yogurt with granola



For more on the Med Diet...

Oldways & the Mediterranean Foods Alliance offer

- delicious, easy recipes and menu planners
- bi-weekly Fresh Fridays e-newsletter
- the latest scientific research
- resources for consumers & health professionals

visit www.oldwayspt.org



About Oldways

Oldways is a nonprofit food and nutrition education organization, with a mission to guide people to good health through heritage.

The Mediterranean Foods Alliance is an Oldways program that raises consumer awareness of Mediterranean foods and flavors, and helps companies build their brands around the remarkably healthy Mediterranean Diet.

