**Healthy Tips to Make Every Day in May Mediterranean**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>PASS THE HUMMUS</th>
<th>Serve this heart-healthy spread as a dip for raw veggies, or in place of mayonnaise in wraps, sandwiches, and hard-cooked eggs.</th>
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<tbody>
<tr>
<td>TUESDAY</td>
<td>PLAY WITH DESSERT</td>
<td>Dip whole strawberries, diced pineapple, or orange slices into Greek yogurt, then into chopped nuts or dried fruit for a yummy hands-on treat.</td>
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<td>WEDNESDAY</td>
<td>THINK SOUP</td>
<td>Make a batch of lentil or minestrone soup as a hearty lunch or as a first course for dinner. Homemade soups cut sodium and add flavor.</td>
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<td>THURSDAY</td>
<td>HEART-HEALTHY FATS</td>
<td>Enjoy healthy fats, such as extra-virgin olive oil, nuts, peanuts, seeds, olives, and avocados in your daily meals.</td>
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<td>FRIDAY</td>
<td>OLIVES ON THE GRILL</td>
<td>Thread olives on skewers and grill until sizzling.</td>
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<td>SATURDAY &amp; SUNDAY</td>
<td>BUILD A BETTER PIZZA</td>
<td>Start with a layer of tomato sauce, Greek yogurt, or pesto; add olives, capers, tomatoes and other fresh or sauteed veggies, bits of prosciutto, even seafood, including tuna, anchovies, and shrimp; top with small amounts of cheese.</td>
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**Greek Yogurt**
Use Greek yogurt in place of sour cream, for topping soups and stews, or mixed with herbs and spices to make fabulous dips.

**Eat Breakfast**
Start your day with fiber rich foods such as fruit and whole grains that can keep you feeling pleasantly full for hours.

**Go Meatless**
Cook a vegetarian meal one day a week, then aim for two days. Rely on beans, nuts, peanuts and whole grains for healthy proteins.

**Turn Up the Flavor**
Switch your white rice to whole grain pasta! Add peanuts or walnuts to risottos or dolmas, or try them to pasta and grain salads.

**Avocados For All**
You’re never too young (or too old) to love avocados! Smash with a fork and serve to babies, or use to top your morning toast.

**Roasted Veggies**
Bring out the flavor of fresh vegetables by tossing them lightly with olive oil and roasting at 425°F for 10 to 20 minutes.

**Secret Ingredient:**
What adds zip to any sandwich, salad or even breakfast eggs? Sundried tomatoes! Always in season and packed with vitamin C, these flavor boosters are great in just about anything.

**Build a One-Meal Bowl**
Start with a cup of cooked grains, and drizzle with olive oil for a quick and healthy meal. AND only one bowl to clean!

**Eat With Others**
Cooking and enjoying meals with others contributes to your good health. Break bread with friends or family.

**Reach for Beans**
Keep frozen beans and rice on hand, and add to veggies or grains for great flavor.

**Eggs for Dinner?**
Sure! Cook a frittata filled with sliced zucchini, tomatoes, a hint of cheese, and some freshly chopped basil. Serve with a fresh green salad.

**Nuts’ Sweet Side**
Add peanuts or walnuts to muffins and breads, and nuts or dried fruit for a yummy hands-on treat.

**Secret Ingredient:**
What’s rich in heart-healthy omega-3s, inexpensive, and keeps for weeks in the pantry? Sardines are a smart choice for quick protein fixes, as sandwich fillings, in salads, or paired with sauces for fish, chicken, or salmon with fennel. You will love the flavor of fennel, poppy, or sesame seeds with a mortar and pestle, or oven roasted for a few minutes, and add to veggies or grains for great flavor.

**In Your Freezer**
Keep frozen beans and peas on ice, and add them to pasta and grain dishes for fresh flavor and color.

**Avocados For All**
Lusciously sweet when fresh, slightly nutty when dried, there are endless ways to enjoy figs — baked on top of pizza, dried and added to trail mix, or marinated in port for a delicious dessert. Try a new fig recipe tonight!

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