

# Mediterranean Diet

Choosing a diet similar to one eaten by people living around the Mediterranean Sea may lower the risk of cardiovascular disease and have additional health benefits. The diet is mostly plant-based with high amounts of fresh vegetables, fruits, nuts, dried beans, olive oil, and fish. Follow these tips to eat the Mediterranean way!

Food/Food Group	Recommended Intake*	Tips
Vegetables	4 or more servings each day (one portion each day should be raw vegetables)	A serving is 1 cup raw or ½ cup cooked vegetables. Eat a variety of colors and textures.
Fruits	3 or more servings each day	Make fruit your dessert
Grains	4 or more servings each day	Choose mostly whole grains. 1 serving = 1 slice bread or ½ cup cooked oatmeal
Fats/Oils	Olive Oil: 4 Tablespoons or more each day	Choose extra virgin olive oil (EVOO) and use in salad dressings and cooking; choose avocado or natural peanut butter instead of butter or margarine
Dried Beans/Nuts/Seeds	Nuts/Seeds: 3 or more servings each week Beans/Legumes: 3 or more servings each week	1 ounce or 1 serving = 23 almonds or 14 walnut halves; 1 serving of beans = ½ cup
Fish and Seafood	2-3 times each week	Choose salmon, sardines, and tuna which are rich in Omega-3 fatty acids
Herbs and Spices	Use daily	Season foods with herbs, garlic, onions and spices instead of salt
Yogurt/Cheese/Egg Poultry	Choose daily to weekly	Choose low-fat yogurt and cheeses; choose skinless chicken or turkey in place of red meat
Alcohol/Wine	Men: 1-2 glasses each day Women: 1 glass each day	Always ask your medical team if alcohol is ok for you to consume.

**\*Serving sizes should be individualized to meet energy and nutrient needs.**

❖ Red meats, processed meats, and sweets should be limited



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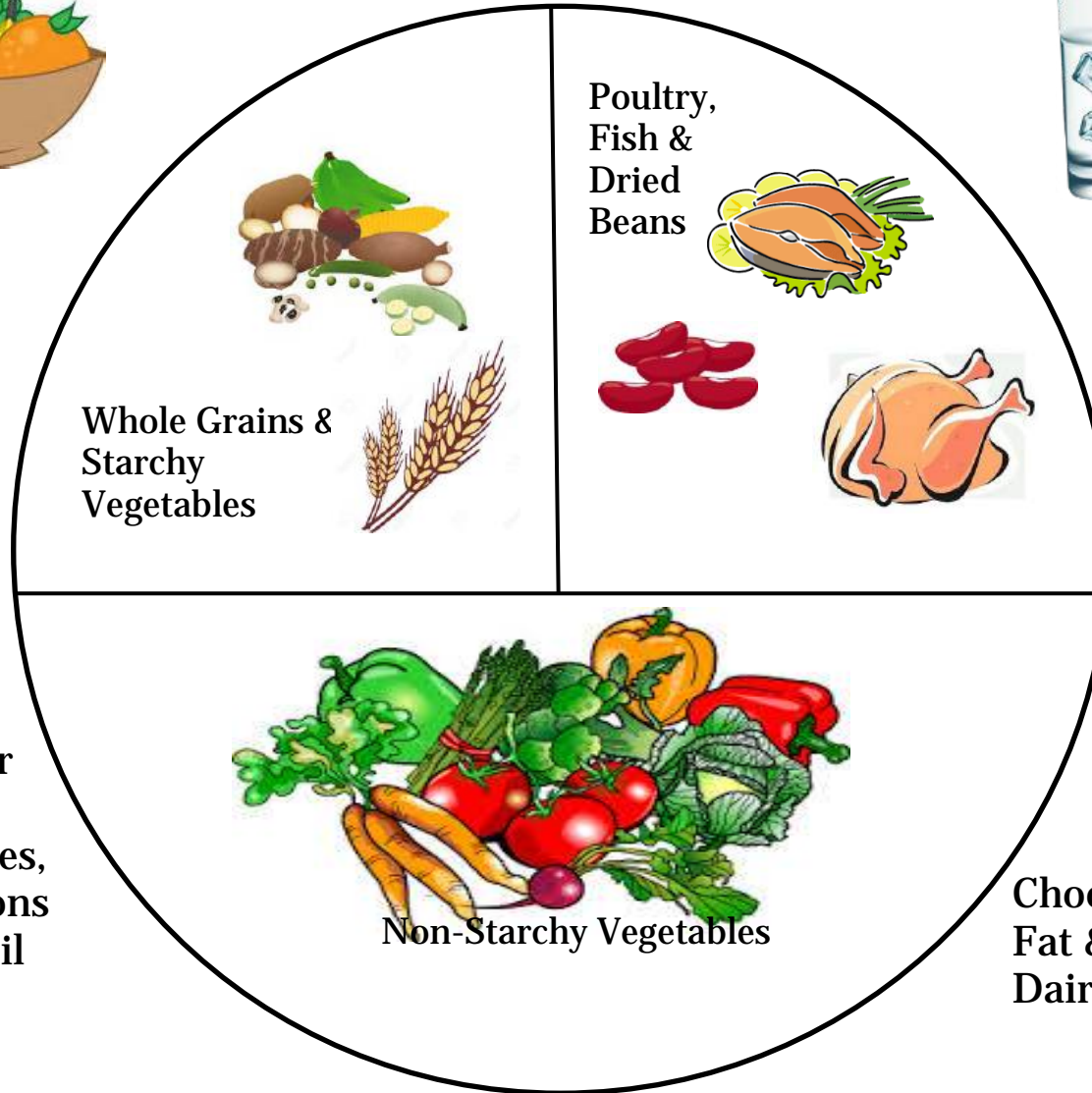
# Mediterranean Plate



Choose fresh fruit for dessert or snacks



Flavor your food with herbs, spices, garlic, onions and olive oil



Drink water, tea or coffee with little or no sugar. May have 1-2 glasses of wine each day, but discuss with your medical team first.



Choose Non-Fat & Low-Fat Dairy Products



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## Sample Menu

### Breakfast

1 cup Greek yogurt with  $\frac{3}{4}$  cup berries or fresh fruit and  $\frac{1}{4}$  cup walnuts  
1 slice whole wheat toast with  $\frac{1}{4}$  cup mashed avocado or 2 teaspoons natural nut butter  
Coffee or tea



### Lunch

1 cup lentil or minestrone soup  
1 whole wheat pita  
2 Tablespoon hummus  
 $\frac{1}{2}$  cup tomatoes,  $\frac{1}{2}$  cup cucumber with 2 Tablespoons olive oil, balsamic vinegar, and basil  
Water with lemon wedge  
1 apple, peach, or orange



### Snack

1 ounce low-fat mozzarella cheese and 15 grapes

### Dinner

3-4 ounces broiled fish brushed with olive oil, seasoned with lemon and dill  
1 cup brown rice, cooked  
1 cup steamed carrots  
1-2 cups baby spinach and arugula salad with 2 Tablespoons olive oil vinaigrette dressing  
Decaf green tea or 5 ounce wine (if cleared by medical team)

### Snack

1 ounce dark chocolate

**Nutrition Information:** 2200 calories (8% saturated fat, 11% polyunsaturated fat, 19% Monounsaturated fat), 43 grams fiber. 4 Tablespoons olive oil each day provides 480 of 2200 calories.



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## Vegetables

Fresh veggies are important for weight control and good health. Frozen and low-sodium canned veggies are also good choices.

- Artichokes
- Beets
- Bell Peppers
- Broccoli
- Cabbage
- Carrots
- Eggplant
- Garlic
- Green Beans
- Leafy Greens
- Leeks
- Mushrooms
- Olives
- Onions
- Peas
- Squash
- Tomatoes (Fresh, Canned, Sauce)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Fruits

Fresh fruits are important for weight control and good health. Frozen and canned fruit without added sugars are also good choices.

- Apples
- Apricots
- Avocados
- Bananas
- Berries
- Cherries
- Dates
- Figs
- Grapes
- Lemons
- Melon
- Oranges
- Peaches
- Plums
- Pomegranates
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Beans

Beans are a great way to add fiber and protein to a meal. Eat them in place of red meat at least once a week. If using canned, rinse and drain them before use to remove some of the sodium.

- Black Beans
- Chickpeas (Garbanzo)
- Hummus
- Lentils
- Pinto Beans
- White Beans (Cannellini)
- \_\_\_\_\_
- \_\_\_\_\_

## Nuts and Seeds

Both are a great source of protein, fiber, and healthy fats. Stick to just a handful a day because they are high in calories.

- Almonds
- Cashews
- Flax
- Peanuts
- Pine Nuts
- Pumpkin Seeds (Pepitas)
- Sunflower Seeds
- Walnuts
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Healthy Oils/Fats

Store oils in a cool, dark place to preserve their nutrients.

- Extra-Virgin Olive Oil
- Avocado Oil
- Canola Oil
- Grape Seed Oil
- \_\_\_\_\_
- \_\_\_\_\_

## Grains

Choose mostly whole-grain products, specifically those with the word "whole" as the first ingredient, e.g. "whole wheat."

- Barley
- Bread (e.g. Loaf, Pita)
- Bulgur
- Couscous
- Oatmeal
- Pasta
- Polenta
- Quinoa
- Rice
- \_\_\_\_\_
- \_\_\_\_\_

## Seafood

White fish is a great lean protein. Oily fish like salmon contain healthy omega-3s.

- Clams
- Cod
- Crab
- Salmon
- Scallops
- Shrimp
- Tilapia
- Tuna
- \_\_\_\_\_
- \_\_\_\_\_

## Herbs and Spices

Herbs and spices add great flavor without extra fat or salt.

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| <input type="checkbox"/> Basil      | <input type="checkbox"/> Sage     |
| <input type="checkbox"/> Bay Leaves | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Chiles     | <input type="checkbox"/> Thyme    |
| <input type="checkbox"/> Cilantro   | <input type="checkbox"/> Oregano  |
| <input type="checkbox"/> Coriander  | <input type="checkbox"/> Pepper   |
| <input type="checkbox"/> Cumin      | <input type="checkbox"/> _____    |
| <input type="checkbox"/> Mint       | <input type="checkbox"/> _____    |
| <input type="checkbox"/> Parsley    | <input type="checkbox"/> _____    |
| <input type="checkbox"/> Rosemary   | <input type="checkbox"/> _____    |