

## 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 can help you:

- Achieve Weight Loss and Weight Management Goals
- Lower Your Risk of Heart Disease and High Blood Pressure
- Fight Certain Cancers and Chronic Diseases
- Reduce Asthma
- Avoid Diabetes
- Resist Depression
- Nurture Healthier Babies
- Ward off Parkinson's Disease



## Easy Recipes to Follow the Med 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 recipes and for details on the latest scientific studies about the Mediterranean Diet, turn to a world-renowned source of Med Diet information at:

[www.oldwayspt.org](http://www.oldwayspt.org)



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[www.oldwayspt.org/mediterranean-diet/mfa-members](http://www.oldwayspt.org/mediterranean-diet/mfa-members)

# Welcome to the Mediterranean Diet

*A lifestyle approach to easy, healthy eating*



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# Follow 8 Simple Steps for Good Health



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

## 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.



**1. Eat lots of vegetables.** There are so many choices! From a simple plate of sliced fresh tomatoes drizzled with olive oil and topped with crumbled feta cheese to stunning salads, garlicky greens, fragrant soups and stews, healthy pizzas, or oven-roasted medleys, vegetables are vitally important to the fresh tastes and delicious flavors of the Med Diet. Can you fill half your plate with them at lunch and dinner?

**2. Change the way you think about 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. Always eat breakfast.** Start your day with fiber-rich foods such as fruit and whole grains that can keep you feeling pleasantly full for hours. Layer granola, yogurt, and fruit, or mash half an avocado with a fork and spread it on a slice of whole grain toast.

**4. Eat seafood twice a week.** Fish such as tuna, herring, salmon, and sardines are rich in heart-healthy omega-3 fatty acids, and shellfish including mussels, oysters, and clams have similar benefits for brain and heart health.

**5. Cook a vegetarian meal one night a week.** 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 good fats.** Include sources of healthy fats in daily meals, especially extra-virgin olive oil, nuts, peanuts, sunflower seeds, olives, and avocados.

**7. Enjoy some dairy products.** Eat Greek or plain yogurt, and try small amounts of a variety of cheeses.

**8. For dessert, eat fresh fruit.** Choose from a wide range of delicious fresh fruits — from fresh figs and oranges to pomegranates, grapes and apples. Instead of daily ice cream or cookies, save sweets for a special treat or celebration.

