MED instead of MEDS for BETTER HEALTH

Eating like those who live in the Mediterranean region has been shown to promote health and decrease risk of many chronic diseases.

The Mediterranean-style eating pattern incorporates the basics of healthy eating that are traditionally practiced in countries that border the Mediterranean Sea.

Eating the Mediterranean way is not only healthy, it is delicious and satisfying. Foods that you once thought of as too high in fat or unhealthy, including nuts, olive oil, olives, and whole grains, become an everyday part of your diet.

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EATING THE Med Way

Get at least five servings of **fruits and vegetables** per day. Choose a variety of colors and eat more of the dark green, leafy vegetables such as collards, kale, spinach, and turnip greens.

Eat primarily **plant-based foods**. Replace red meat with plant-based proteins, such as beans and legumes often.

Choose **whole grain foods** such as oatmeal, quinoa, brown rice, and popcorn. When choosing bread and pasta, look for "whole" in the first ingredient on the ingredient list (e.g., "whole grain wheat").

Choose at least three ounces of **nuts and seeds** per week, while keeping within your calorie budget. Avoid candied, honey-roasted and heavily salted nuts and seeds.

Choose **olive oil**. Replace solid fats (e.g., butter and margarine) and other oils with olive oil. Use olive oil for cooking, in dressings and marinades. Aim to consume at least 4 tablespoons per day, while keeping within your calorie budget.

Use **herbs and spices** instead of salt to flavor foods. Sofrito is often used.

Sofrito: A sauce made from tomato, garlic, onion or leeks sautéed in olive oil and is often used in Mediterranean cooking *(recipe on website)*.

Eat **seafood** at least three times per week. Include **fatty fish**, such as mackerel and salmon. Avoid fried fish. Eat **white-meat poultry**, such as turkey and chicken, at least twice a week.

Be **physically active** with family and friends. Aim to be moderately physically active (e.g., brisk walking) at least 150 minutes per week or 30 minutes per day.

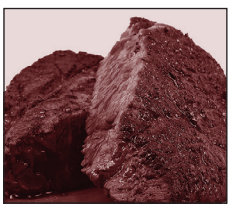
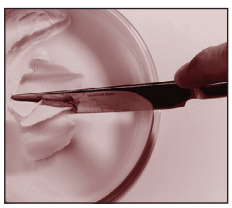
Drink **red wine**, in moderation (optional*)—no more than five ounces of wine/day for women of all ages and men older than 65 and no more than 10 ounces of wine/day for younger men.

*Consuming alcohol is not recommended if you have a personal or family history of alcohol abuse, or if you have heart or liver disease.

FRUITS AND VEGETABLES	Eat **AT LEAST** 5 servings (cups) per day.
LEGUMES AND BEANS	Choose often instead of red meat.
WHOLE GRAINS	Choose often.
NUTS AND SEEDS	Eat at least 3 ounces *(3 small handfuls)* per week.
OLIVE OIL	Consume at least 4 tablespoons per day.
FRESH HERBS (SOFRITO)	Choose often instead of salt.
SEAFOOD	Eat at least 3 times per week.
POULTRY	Eat at least twice per week.
RED WINE (OPTIONAL)	Consume up to 5 ounces per day (women of all ages and men over 65 years) and 10 ounces per day (younger men).
PHYSICAL ACTIVITY	Briskly walk for 30 minutes per day or 150 minutes per week.

LIMIT

SUGAR/SWEETS/ SUGAR-SWEETENED BEVERAGES	Limit to no more than 3 servings per week.
RED MEAT	Limit to 2–3 times per month.
STICK BUTTER/MARGARINE	Choose rarely or never.
FAST FOOD	Choose rarely or never.
HIGHLY PROCESSED FOODS	Choose rarely or never.

Sweets and sugar-sweetened drinks: Limit sweets to no more than three servings per week. Avoid sugar-sweetened beverages, such as sodas and sweetened iced tea.

Red meat: Limit to two to three times per month.

Spread fats: Avoid solid fats, such as butter and margarine.

Fast food and highly processed packaged foods: Consume rarely.

SAMPLE DAILY MENU TO EAT THE Med Way

1,800-calorie

STAY WITHIN YOUR CALORIE BUDGET. It is important to remember to add these healthier options ***while removing*** unhealthy options in order to stay within your calorie budget.

BREAKFAST

Steel cut oatmeal (1 cup)
sprinkled with walnuts (1/4 cup)
350 calories

Blueberries (1/2 cup)
40 calories

SNACK

Fruit cup: Honeydew, red grapes, cantaloupe, pineapple (1 cup)
70 calories

Mixed nuts (1 ounce or small handful)
160 calories

LUNCH

Mixed greens salad with tomatoes and cucumber (2 cups) with your choice of protein:

· Hard boiled eggs (2 large)
· Grilled chicken breast (6 ounces)
· Chunk light tuna in water (6.5 ounces)
· Black beans (3/4 cup)
200 calories

Lemon vinaigrette dressing
(2 tablespoons)
90 calories

SNACK

Baby carrots (1/2 cup)
and hummus (2 tablespoons)
85 calories

Banana (1)
105 calories

DINNER

Grilled salmon (5 ounces)
230 calories

Roasted asparagus (14 spears)
84 calories

Brown rice or couscous
(1/2 cup or baseball-size)
110 calories

Side salad (1–2 cups)
with balsamic vinaigrette dressing
(2 tablespoons)
130 calories

DESSERT

Non-fat plain Greek yogurt (6 ounces)
with mixed berries (1/2 cup)
135 calories

For more information and healthy recipes, visit medinsteadofmeds.com.

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NCPH North Carolina Public Health
Working for a healthier and safer North Carolina
Everywhere. Everyday. Everybody.

IN SUPPORT OF EAT SMART, MOVE MORE NORTH CAROLINA

Eat Smart Move More NORTH CAROLINA