

#### Introduction to the Med Way

### 7 Simple Steps to Eating the Med Way

#### These simple steps will help you eat the Med Way every day.







- Replace some of the meat in your diet with plant proteins such as beans, nuts, and seeds often.
- Eat fish and seafood at least two to three times per week. Include fatty fish, such as mackerel or salmon at least once a week. Eat fried fish only occasionally.
- Choose white-meat poultry such as turkey or chicken breast.
- Limit red meat and/or choose lean red meat.
- Greatly limit or eliminate processed meats.

### Swap your fats

- Choose olive oil.
- Replace solid fats such as butter or margarine with olive oil or canola oil.
- Use olive oil for cooking, in dressings, and marinades.
- Aim to consume at least four tablespoons of olive oil per day, while keeping within your calorie budget.

# Eat more vegetables

- Get at least three servings (three cups) of vegetables per day.
- Choose a variety of colors.
- Eat more dark green leafy vegetables such as collards, kale, spinach, chard, and turnip greens.



#### Eat more fruit

- Get at least two servings (two cups) of fruits per day.
- · Choose a variety of colors.
- · Include berries often.

# Snack on nuts and seeds

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



### Make your grains whole

- Eat grains as grains.
- Choose whole grains such as oatmeal, quinoa, brown rice, and popcorn.
- Look for "whole" in the first ingredient on the ingredient list (e.g., "whole wheat") when choosing bread, pasta, and other grain-based foods.

# Rethink your sweets

- · Limit your sugar intake.
- Choose no more than three servings per week of high-sugar foods and drinks such as sugarsweetened snacks, candies, desserts, or beverages.

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