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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.


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.


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.


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


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.


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.


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").


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).


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.

[^0]| FRUITS AND VEGETABLES | Eat AT LEAST 5 servings (cups) per day. |
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| 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. |
| 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 <br> 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

STICK BUTTER/MARGARINE

## FAST FOOD Choose rarely or never.

HIGHIY PROCESSED FOODS Choose rarely or never.

RED MEAT Limit to $\mathbf{2} \mathbf{- 3}$ times per month.
Choose rarely or never.
Limit to no more than 3 servings per week.

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


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 ${ }_{\text {is000.calorie }}$ 

## STAY WITHIN YOUR CALORIE BUDGET. <br> 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



[^0]:    *Consuming alcohol is not recommended if you have a personal or family history of alcohol abuse, or if you have heart or liver disease.

