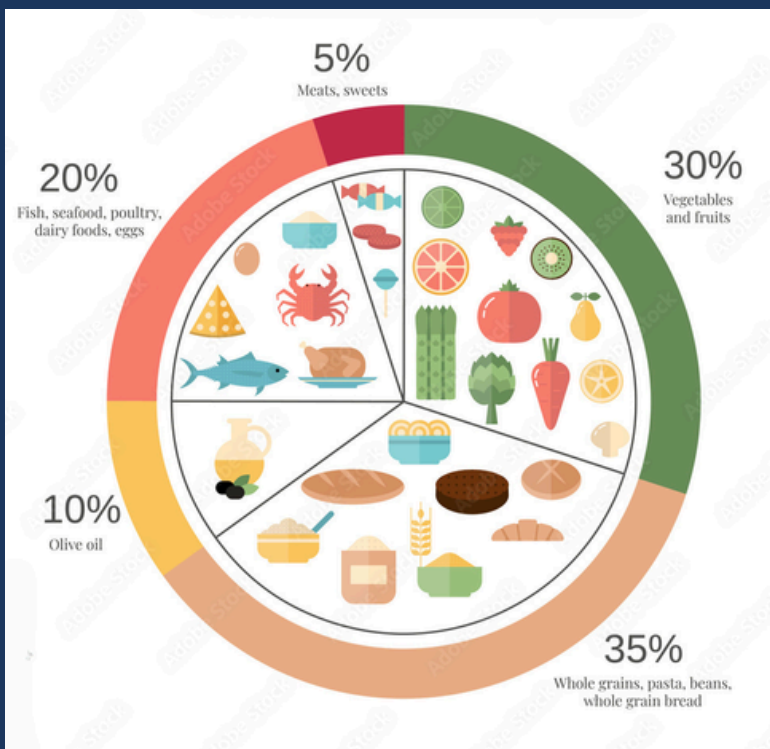


Mediterranean Diet

What is it?

"Mediterranean diet" is a term used to describe the traditional eating habits in the countries bordering the Mediterranean Sea. There's not one standard Mediterranean diet, but the graphic below represents a typical breakdown of what it looks like.



What are the health benefits?

- Lowers your risk of cardiovascular disease and metabolic syndrome.
- Supports healthy blood sugar levels, blood pressure and cholesterol.
- Lowers your risk for certain types of cancer.
- Slows the decline of brain function as you age and helps you live longer.
- Supports a healthy balance of gut microbiota in your digestive system.

Why does it have these benefits?

- Limits saturated fat and trans fat. These can raise your LDL (bad) cholesterol and raise risk of plaque buildup in your arteries. They also cause inflammation.
- Encourages healthy unsaturated fats, including omega-3 fatty acids. Unsaturated fats promote healthy cholesterol levels, support brain health and combat inflammation.
- Limits sodium. Eating foods high in sodium can raise your blood pressure, putting you at a greater risk for a heart attack or stroke.
- Limits refined carbohydrates, including sugar, which cause your blood sugar to spike and offer little nutritional value.
- Favors foods high in fiber and antioxidants which reduce inflammation throughout your body. Fiber keeps waste moving through your large intestine and maintains healthy blood sugar levels. Antioxidants protect you against cancer by warding off free radicals.

Why Should I Consider It?

- There are no "rules," which makes it flexible and sustainable.
- It includes a variety of foods, making it a diet that can satisfy a range of food preferences.
- It uses an inclusive approach to food (what to eat) instead of an exclusive one (what not to eat). This nurtures a positive relationship with food.
- It can be budget-friendly. A recent analysis found that a week's worth of food on the Mediterranean diet cost less than a week's worth of typical Western Diet food.
- It can be implemented using simple preparation and cooking methods.

Mediterranean Grocery List

GRAINS

Choose mostly whole grain choices. These contain the word “whole” as the first ingredient. Ex: “whole wheat.”

<input type="checkbox"/> Pasta	<input type="checkbox"/> _____
<input type="checkbox"/> Bread	<input type="checkbox"/> _____
<input type="checkbox"/> Rice	<input type="checkbox"/> _____
<input type="checkbox"/> Polenta	<input type="checkbox"/> _____
<input type="checkbox"/> Cereals	<input type="checkbox"/> _____
<input type="checkbox"/> Oatmeal	<input type="checkbox"/> _____
<input type="checkbox"/> Crackers	<input type="checkbox"/> _____
<input type="checkbox"/> Couscous	<input type="checkbox"/> _____
<input type="checkbox"/> Bulgar	<input type="checkbox"/> _____
<input type="checkbox"/> Pita	<input type="checkbox"/> _____
<input type="checkbox"/> Barley	<input type="checkbox"/> _____

SEAFOOD

Salmon and other oily fish contain healthy Omega-3s.

<input type="checkbox"/> Salmon	<input type="checkbox"/> _____
<input type="checkbox"/> Shrimp	<input type="checkbox"/> _____
<input type="checkbox"/> Cod	<input type="checkbox"/> _____
<input type="checkbox"/> Scallops	<input type="checkbox"/> _____
<input type="checkbox"/> Clams	<input type="checkbox"/> _____
<input type="checkbox"/> Tilapia	<input type="checkbox"/> _____
<input type="checkbox"/> Tuna	<input type="checkbox"/> _____
<input type="checkbox"/> Crab	<input type="checkbox"/> _____

HEALTHY OILS/FATS

Store oils in a cool, dark place to make them last longer.

<input type="checkbox"/> Olive (Extra-Virgin)	<input type="checkbox"/> _____
<input type="checkbox"/> Avocado	<input type="checkbox"/> _____
<input type="checkbox"/> Canola	<input type="checkbox"/> _____
<input type="checkbox"/> Grape seed	<input type="checkbox"/> _____

HERBS AND SPICES

Fresh herbs and spices add flavor without adding fat or salt.

<input type="checkbox"/> Garlic	<input type="checkbox"/> _____
<input type="checkbox"/> Basil	<input type="checkbox"/> _____
<input type="checkbox"/> Cilantro	<input type="checkbox"/> _____
<input type="checkbox"/> Parsley	<input type="checkbox"/> _____
<input type="checkbox"/> Mint	<input type="checkbox"/> _____
<input type="checkbox"/> Cumin	<input type="checkbox"/> _____
<input type="checkbox"/> Coriander	<input type="checkbox"/> _____
<input type="checkbox"/> Oregano	<input type="checkbox"/> _____

BEANS

Beans add fiber and protein to meal. Eat them in place of red meat at least once a week.

<input type="checkbox"/> Chickpeas (Garbanzo)	<input type="checkbox"/> _____
<input type="checkbox"/> Hummus	<input type="checkbox"/> _____
<input type="checkbox"/> White (Cannellini)	<input type="checkbox"/> _____
<input type="checkbox"/> Black	<input type="checkbox"/> _____
<input type="checkbox"/> Pinto	<input type="checkbox"/> _____
<input type="checkbox"/> Lentil	<input type="checkbox"/> _____

DAIRY/EGGS

<input type="checkbox"/> Low-fat milk	<input type="checkbox"/> _____
<input type="checkbox"/> Yogurt	<input type="checkbox"/> _____
<input type="checkbox"/> Cheese	<input type="checkbox"/> _____
<input type="checkbox"/> Eggs	<input type="checkbox"/> _____

NUTS AND SEEDS

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

<input type="checkbox"/> Walnuts	<input type="checkbox"/> _____
<input type="checkbox"/> Almonds	<input type="checkbox"/> _____
<input type="checkbox"/> Peanuts	<input type="checkbox"/> _____
<input type="checkbox"/> Pine nuts	<input type="checkbox"/> _____
<input type="checkbox"/> Cashews	<input type="checkbox"/> _____
<input type="checkbox"/> Sunflower seeds	<input type="checkbox"/> _____
<input type="checkbox"/> Flax	<input type="checkbox"/> _____

FRUITS

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

<input type="checkbox"/> Apples	<input type="checkbox"/> _____
<input type="checkbox"/> Bananas	<input type="checkbox"/> _____
<input type="checkbox"/> Grapes	<input type="checkbox"/> _____
<input type="checkbox"/> Oranges	<input type="checkbox"/> _____
<input type="checkbox"/> Cherries	<input type="checkbox"/> _____
<input type="checkbox"/> Blueberries	<input type="checkbox"/> _____
<input type="checkbox"/> Kiwis	<input type="checkbox"/> _____
<input type="checkbox"/> Strawberries	<input type="checkbox"/> _____
<input type="checkbox"/> Pomegranate	<input type="checkbox"/> _____
<input type="checkbox"/> Plums	<input type="checkbox"/> _____
<input type="checkbox"/> Peaches	<input type="checkbox"/> _____
<input type="checkbox"/> Avocados	<input type="checkbox"/> _____

VEGETABLES

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

<input type="checkbox"/> Tomatoes (fresh, canned, and sauce)	
<input type="checkbox"/> Broccoli	<input type="checkbox"/> _____
<input type="checkbox"/> Spinach	<input type="checkbox"/> _____
<input type="checkbox"/> Carrots	<input type="checkbox"/> _____
<input type="checkbox"/> Red / Green Peppers	<input type="checkbox"/> _____
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> _____
<input type="checkbox"/> Green beans	<input type="checkbox"/> _____
<input type="checkbox"/> Eggplant	<input type="checkbox"/> _____
<input type="checkbox"/> Zucchini	<input type="checkbox"/> _____
<input type="checkbox"/> Squash	<input type="checkbox"/> _____
<input type="checkbox"/> Olives	<input type="checkbox"/> _____
<input type="checkbox"/> Onions	<input type="checkbox"/> _____
<input type="checkbox"/> Peas	<input type="checkbox"/> _____

MISCELLANEOUS

Include other pantry essentials and home goods, like cleaning supplies, so you don’t forget!

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Easy Ways to Get Started

- Swap out refined grains for whole grains.
- Use avocado or hummus instead of mayo.
- Have a meatless meal once a week.
- Snack on nuts or popcorn instead of chips.
- Swap out butter for olive oil.
- Replace salt with herbs and spices.

Recipe Resources

- [Eating Well: Mediterranean Diet Center](#)
- [Olive Tomato](#)
- [The Mediterranean Dish](#)