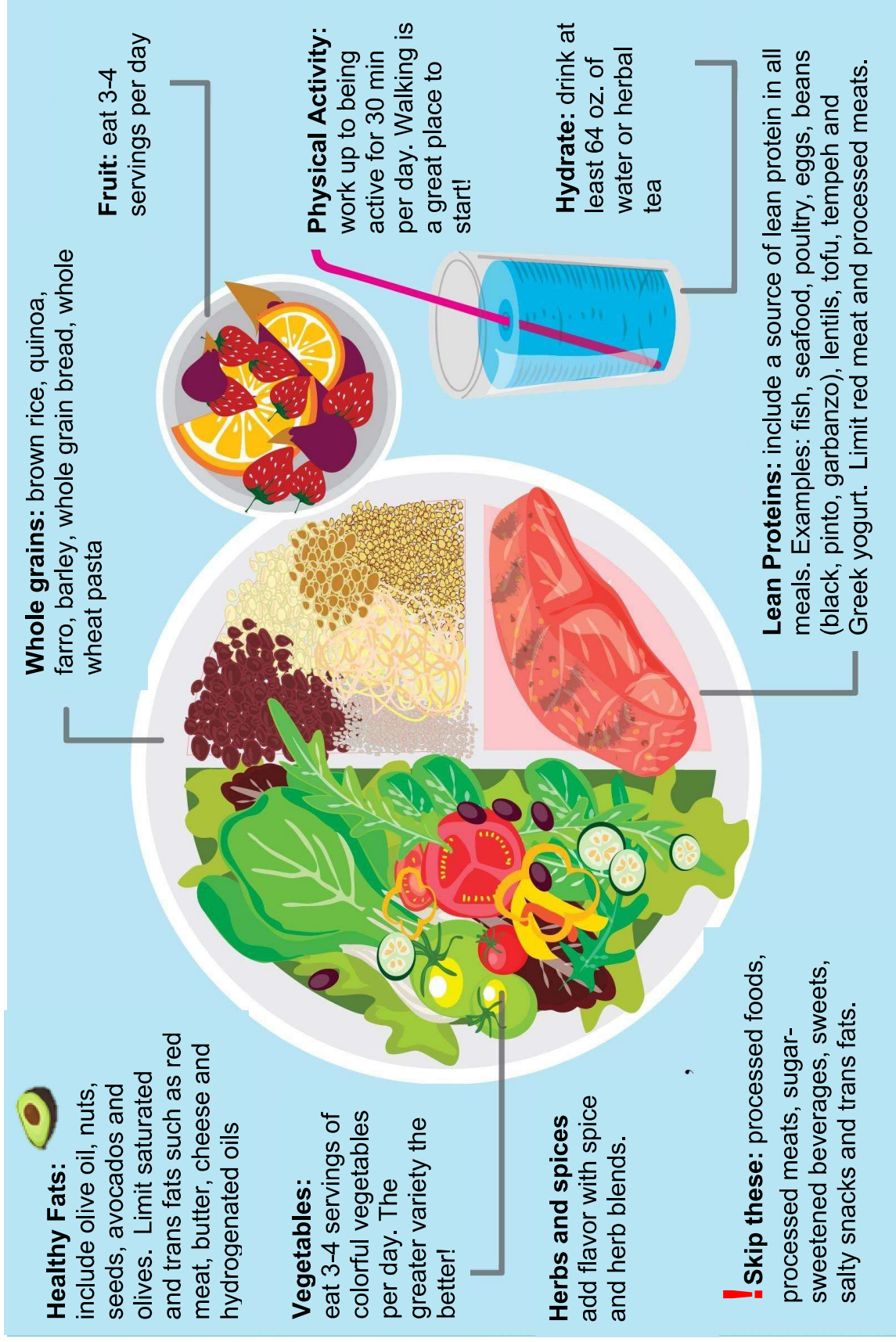


# Mediterranean Diet

*The Mediterranean Diet emphasizes meals and snacks based around vegetables, whole grains, fruits, beans, nuts, seeds, herbs, and spices.*



## Mediterranean Meal Ideas

### Breakfast:

- ❖ Overnight oats: oatmeal, plain Greek yogurt, cinnamon, sliced banana or frozen berries, chia seeds or nuts
- ❖ Yogurt Parfait: Greek yogurt, frozen berries, chia seeds and low sugar granola.
- ❖ Veggies Scramble: scrambled eggs with onions, peppers, mushrooms and shredded cheese with whole wheat toast
- ❖ Avo Toast: toasted whole wheat bread with smashed avocado and 1 scrambled or fried egg. Sprinkle a dash of sea salt and roasted red pepper flakes to taste.
- ❖ Huevos rancheros: egg, corn tortilla, black beans, salsa and avocado

### Snacks:

- ❖ Roasted garbanzo beans with spices
- ❖ Hummus with fresh vegetables
- ❖ Tzatziki (plain yogurt with dill and spices) with fresh veggies or ½ whole wheat pita
- ❖ Apple or banana with nut butter
- ❖ Greek yogurt with berries
- ❖ Toast or rice cake with nut butter
- ❖ Edamame

### Lunch:

- ❖ Greek salad: mixed greens, olives, bell peppers, tomatoes, cucumbers, feta cheese, roasted garbanzo beans, quinoa
- ❖ Pita Sandwich: whole wheat pita filled with hummus, grilled chicken, tomatoes, cucumber and spinach.
- ❖ Soup and Salad: 1 cup of bean or lentil soup with a roasted sweet potato
- ❖ Tuna sandwich: whole wheat bread filled with tuna salad (canned tuna, mayo, smashed avocado, celery, relish) with a side spinach salad

### Dinner:

- ❖ 3 oz of salmon cooked with garlic infused olive oil, whole wheat couscous and roasted vegetables
- ❖ Pasta Primavera: whole wheat penne with onions, peppers, zucchini and mushrooms sautéed in olive oil. Topped with grilled chicken or mozzarella cheese
- ❖ Hearty Salad: Spinach salad with mozzarella, tomatoes, marinated artichokes and chickpeas. Drizzle olive oil and vinegar for the dressing.
- ❖ Turkey Tacos: corn tortillas filled with ground turkey, refried beans, tomatoes, lettuce and salsa
- ❖ Tofu Stir Fry: stir fry tofu and a variety of vegetables and serve with brown rice

### Dessert

- ❖ Baked apples or pears with cinnamon
- ❖ Sliced banana with peanut butter
- ❖ Greek yogurt with berries and honey

## Getting started on a Mediterranean Diet

**Make half your plate vegetables.** Put your meal over a bed of spinach, add extra veggies to soups and sandwiches, roast a sheet pan of vegetables to enjoy all week.

**Change the way you think about meat.** If you eat meat, have smaller amounts – think of meat as a condiment rather than the main component of your plate.

**Flip your fats.** Include sources of healthy fats in daily meals, such as extra-virgin olive oil, nuts, olives, nuts, seeds, and avocados. Limit trans fats and saturated fats such as butter, animal proteins, and hydrogenated oils.

**Switch to whole grains.** Whole grains are naturally rich in many important nutrients; their fuller, nuttier taste and extra fiber keep you satisfied for hours. Cook traditional Mediterranean grains like quinoa, bulgur, barley, farro and brown, black or red rice, and favor products made with whole grain flour.

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

**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.

**Cook a vegetarian meal at least one night a week.** Build meals around beans, whole grains, and vegetables, and heighten the flavor with fragrant herbs and spices.

**Move your body daily.** Work up to being physically active for at least 30 minutes most days of the week. Walking is a great place to start.