

Mediterranean Diet

Choosing a diet similar to one eaten by people living around the Mediterranean Sea may lower the risk of cardiovascular disease and have additional health benefits. The diet is mostly plant-based with high amounts of fresh vegetables, fruits, nuts, dried beans, olive oil, and fish. Follow these tips to eat the Mediterranean way!

Food/Food Group	Recommended Intake*	Tips
Vegetables	4 or more servings each day (one portion each day should be raw vegetables)	A serving is 1 cup raw or ½ cup cooked vegetables. Eat a variety of colors and textures.
Fruits	3 or more servings each day	Make fruit your dessert
Grains	4 or more servings each day	Choose mostly whole grains. 1 serving = 1 slice bread or ½ cup cooked oatmeal
Fats/Oils	Olive Oil: 4 Tablespoons or more each day	Choose extra virgin olive oil (EVOO) and use in salad dressings and cooking; choose avocado or natural peanut butter instead of butter or margarine
Dried Beans/Nuts/Seeds	Nuts/Seeds: 3 or more servings each week Beans/Legumes: 3 or more servings each week	1 ounce or 1 serving = 23 almonds or 14 walnut halves; 1 serving of beans = ½ cup
Fish and Seafood	2-3 times each week	Choose salmon, sardines, and tuna which are rich in Omega-3 fatty acids
Herbs and Spices	Use daily	Season foods with herbs, garlic, onions and spices instead of salt
Yogurt/Cheese/Egg Poultry	Choose daily to weekly	Choose low-fat yogurt and cheeses; choose skinless chicken or turkey in place of red meat
Alcohol/Wine	Men: 1-2 glasses each day Women: 1 glass each day	Always ask your medical team if alcohol is ok for you to consume.

***Serving sizes should be individualized to meet energy and nutrient needs.**

❖ Red meats, processed meats, and sweets should be limited



08/2015



VA
HEALTH
CARE | Defining
EXCELLENCE
in the 21st Century

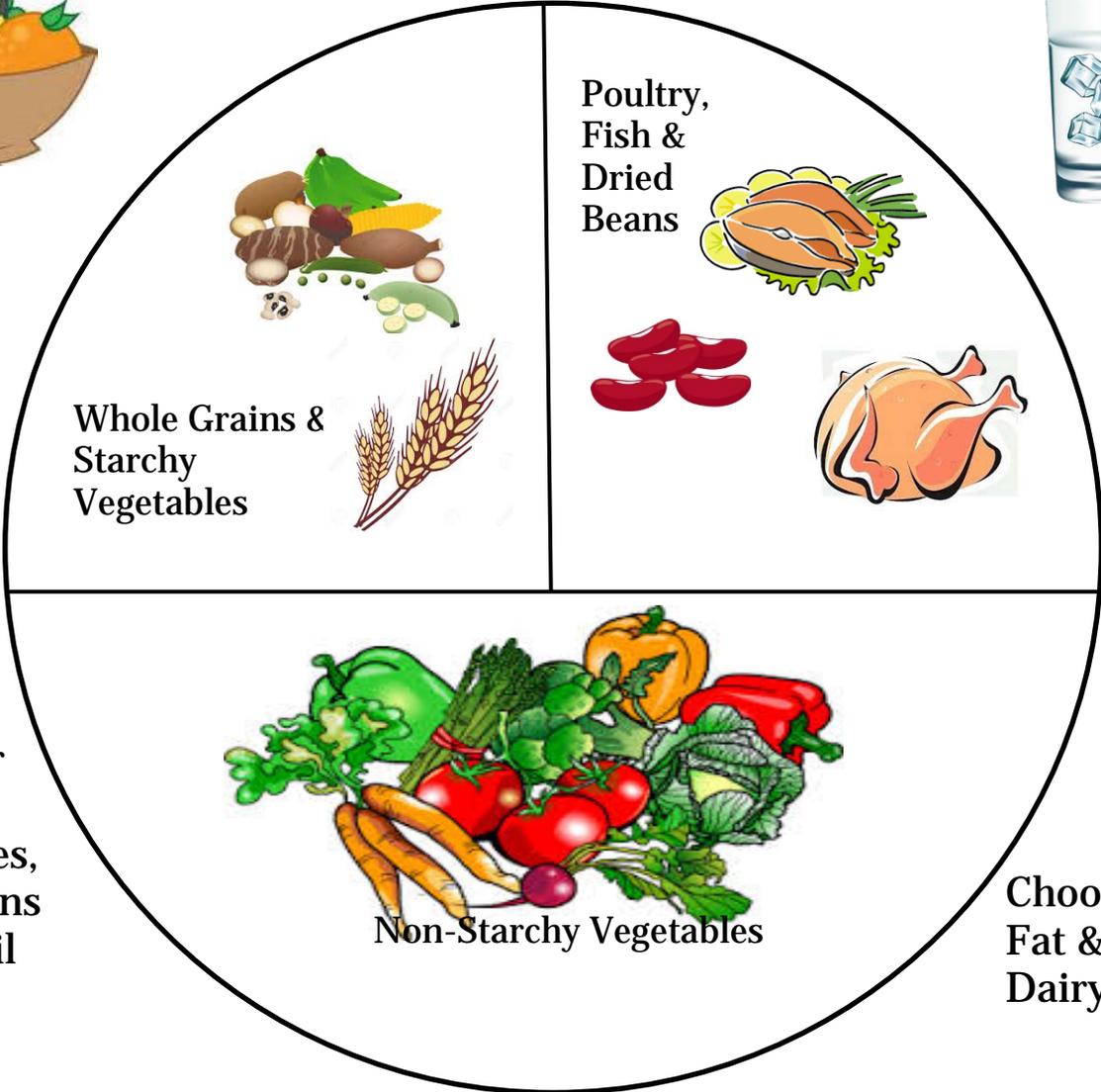
Mediterranean Plate



Choose fresh fruit for dessert or snacks



Flavor your food with herbs, spices, garlic, onions and olive oil



Drink water, tea or coffee with little or no sugar. May have 1-2 glasses of wine each day, but discuss with your medical team first.



Choose Non-Fat & Low-Fat Dairy Products



08/2015



VA HEALTH CARE Defining EXCELLENCE in the 21st Century

Sample Menu

Breakfast

1 cup Greek yogurt with $\frac{3}{4}$ cup berries or fresh fruit and $\frac{1}{4}$ cup walnuts
1 slice whole wheat toast with $\frac{1}{4}$ cup mashed avocado or 2 teaspoons natural nut butter
Coffee or tea



Lunch

1 cup lentil or minestrone soup
1 whole wheat pita
2 Tablespoon hummus
 $\frac{1}{2}$ cup tomatoes, $\frac{1}{2}$ cup cucumber with 2 Tablespoons olive oil, balsamic vinegar, and basil
Water with lemon wedge
1 apple, peach, or orange



Snack

1 ounce low-fat mozzarella cheese and 15 grapes

Dinner

3-4 ounces broiled fish brushed with olive oil, seasoned with lemon and dill
1 cup brown rice, cooked
1 cup steamed carrots
1-2 cups baby spinach and arugula salad with 2 Tablespoons olive oil vinaigrette dressing
Decaf green tea or 5 ounce wine (if cleared by medical team)

Snack

1 ounce dark chocolate

Nutrition Information: 2200 calories (8% saturated fat, 11% polyunsaturated fat, 19% Monounsaturated fat), 43 grams fiber. 4 Tablespoons olive oil each day provides 480 of 2200 calories.



08/2015



VA
HEALTH
CARE | Defining
EXCELLENCE
in the 21st Century