

The Mediterranean Diet

Based on how people eat and drink in the 16 countries that border the Mediterranean Sea, this healthy eating plan can reduce your risk of developing heart disease, cancer, high blood pressure, type 2 diabetes, Parkinson’s disease, and Alzheimer’s disease.

The Mediterranean Diet is:

- **Natural:** Focus on minimally processed foods — less than 5 ingredients in any packaged item.
- **Flexible:** Plan for variety — eat different foods each week to make this diet work for you AND your family.
- **Lower Cost:** Save money at the grocery store by buying less red meat, refined grains, desserts, and fast food each month.
- **A Healthy Lifestyle:** Be fit and energetic; reduce your risk of disease, and have fun!

.....
**Once or Twice a Month,
Small Portions ONLY**



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Throughout the Week, In Moderation



.....
Every Day, No Restrictions



Olive Oil, Herbs, & Spices



Be Active:
Exercise at least 150 minutes a week (walking, swimming, bicycling).



Socialize:
Take time to enjoy meals with your friends and family.



Drink Smart:
Choose water over soda. Limit wine and drink only with a meal. See *Alcohol: Rethink Your Drink* for servings.

What's for Breakfast?



● **Most mornings**, start your day with oatmeal and fruit or whole-grain toast and low-fat yogurt with berries. Choose fresh fruit instead of fruit juice.

■ **Three to four mornings a week**, enjoy some eggs. Experiment with poached eggs over whole-wheat toast or maybe a bean and low-fat cheese burrito.

■ **Only a couple times a month**, splurge with sausage and whole-grain waffles or bacon and eggs. Try low-fat turkey sausage or bacon, and top your waffle with fruit and sugar-free syrup.

What's for Lunch?



● **Most days**, try different kinds of salads. Add black beans or chickpeas, cooked shrimp or salmon, and olive oil and vinegar dressing. Snack on fruit, nuts, or fresh carrots and snap peas.

■ **A couple times a week**, have a piece of grilled chicken or a turkey sandwich on whole-wheat bread. Add tomatoes, lettuce, and avocado to your sandwich. Enjoy some low-fat cottage cheese with fruit.

■ **A couple times a month**, order that hamburger you've been craving, but pass on the cheese. Substitute fruit or salad for the fries. For dessert, try angel food cake with fresh fruit or frozen low-fat yogurt.

What's for Dinner?



● **Most evenings**, fill your plate with vegetables that are steamed, roasted, or sautéed in a little olive oil with herbs and spices. Add beans, lentils, brown rice, or whole-grain pasta. If you enjoy red wine, have 1 glass with your meal.

■ **A couple times a week**, fill half your plate with vegetables, and add some chicken or fish and brown rice or quinoa. Enjoy some fruit for dessert.

■ **A couple times a month**, add roast beef, lamb chop, or pork tenderloin and barley to your half plate of vegetables. For a treat, fix fruit-based desserts like a low-sugar cobbler or berries with low-fat topping.

Making the Move to the Mediterranean Diet

Clean out your pantry; throw away highly processed foods.

Reduce red meat; replace with fish and poultry.
Try fruit instead of sweets for dessert.

Slowly add more fruits and vegetables into every meal (see Sample Recipes).

Use olive oil, herbs, and spices for flavor instead of salt and butter.

Drink water for lunch instead of soda.

Start eating plant-based foods 80% of the time.

Grab a handful of nuts or fruit for a snack.

Limit your dairy to low-fat milk, yogurt, and cheese.

Prefer brown rice and whole-grain bread.



Sample Recipes

Ingredients:

- 4 cups salad greens
- 2 medium tomatoes, chopped
- 3 medium cucumbers, chopped
- ½ red or purple onion, sliced
- 8 ounces feta cheese

Vinaigrette:

- ½ cup sun-dried tomatoes, packed in oil
- 2 tablespoons balsamic vinegar

Instructions:

- 1 Layer salad greens, tomatoes, cucumber, onion, and feta cheese onto serving platter or in a bowl.
- 2 Drain the sun-dried tomatoes, reserving ½ cup of the oil.
- 3 Blend tomatoes, reserved oil, and vinegar in a blender, then lightly pour the vinaigrette over the salad before serving.

Makes 4–6 servings

Mediterranean Salad

Ingredients:

- 2 (15 ounce) cans of black beans, rinsed and strained
- 1 shallot, chopped
- 1 garlic clove, minced
- 1–2 teaspoons chili powder
- 1 teaspoon cumin
- ½ teaspoon smoked paprika
- Salt and pepper to taste
- Grated peel and juice of 1 lime
- 2 teaspoons hot sauce of choice
- ¼ cup cooked quinoa
- 1 egg white
- Gluten-free flour (as needed)

Instructions:

- 1 Reserve ½ cup black beans, and set aside.
- 2 Add the remaining beans, shallot, garlic, spices, grated lime peel, lime juice, and hot sauce into the bowl of a food processor fit with a steel blade. Process until the mixture is the texture of a very chunky puree.
- 3 Transfer mixture to a mixing bowl.
- 4 Add the remaining beans, cooked quinoa, and egg white, and stir together to form your “dough.” If the dough feels too sticky and isn’t holding together as you shape the patties, add some gluten-free flour, 1 tablespoon at a time, until they are easier to shape (but it will still be sticky!).
- 5 Shape mixture into 6 patties, and chill in the refrigerator for at least 1 hour, or longer if you have time.
- 6 Preheat oven to 375°F. Line a baking sheet with tin foil or parchment paper. Transfer burgers to baking sheet.
- 7 Bake for 20–30 minutes, (carefully) flipping halfway through until both sides are browned.
- 8 Let rest for 5 minutes, then serve.

Makes 6–8 patties

Vegetarian Black Bean Quinoa Burgers

Ingredients:

- Grated lemon and/or orange peel
- 2 teaspoons coarse salt (e.g., Kosher salt)
- 2 teaspoons sugar
- 1½ teaspoon white pepper
- 1 teaspoon ground coriander (or fresh cilantro)
- 4–6 Salmon filets (4 ounces each)
- Lemon and orange slices

Instructions:

- 1 Mix grated lemon/orange peel, salt, sugar, pepper, and coriander (or cilantro).
- 2 Rub on fish, and wrap in plastic wrap. Refrigerate for about 2 hours.
- 3 Remove from refrigerator and wipe most of the rub mixture off the fish.
- 4 Make a layer of sliced oranges and lemons in a glass baking dish. Place fish skin-side down on top.
- 5 Roast 8–12 inches from top of oven on broil for about 10 minutes/inch of thickness or until the fish is opaque and flaky, (about 12–15 minutes). Watch closely while under broiler to prevent burning the fish.

Makes 4–6 servings

Roast Salmon

For more recipes and cooking tips, see: oldwayspt.org/recipes

Shopping List: Select at least 1 new food to try this week.

Go! Eat daily — no restrictions

Vegetables	<input type="checkbox"/> Artichoke	<input type="checkbox"/> Celery	<input type="checkbox"/> Peppers	Herbs, Spices, and Oils	<input type="checkbox"/> Basil	<input type="checkbox"/> Oils (canola, extra-virgin olive, sesame, flaxseed, grapeseed, and avocado)
	<input type="checkbox"/> Artichoke hearts	<input type="checkbox"/> Chayote	<input type="checkbox"/> Radishes		<input type="checkbox"/> Chili Powder	
	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Coleslaw (packaged, no dressing)	<input type="checkbox"/> Rutabaga		<input type="checkbox"/> Chilies	
	<input type="checkbox"/> Baby corn	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Salad greens (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress)		<input type="checkbox"/> Cinnamon	
	<input type="checkbox"/> Bamboo shoots	<input type="checkbox"/> Daikon	<input type="checkbox"/> Spinach		<input type="checkbox"/> Cloves	<input type="checkbox"/> Oregano
	<input type="checkbox"/> Beans (green, wax, Italian)	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Sprouts		<input type="checkbox"/> Cumin	<input type="checkbox"/> Parsley
	<input type="checkbox"/> Bean sprouts	<input type="checkbox"/> Greens (collard, kale, mustard, turnip)	<input type="checkbox"/> Squash (summer, crookneck, spaghetti, zucchini)		<input type="checkbox"/> Dill	<input type="checkbox"/> Pepper
	<input type="checkbox"/> Beets	<input type="checkbox"/> Hearts of palm	<input type="checkbox"/> Sugar snap peas		<input type="checkbox"/> Garlic	<input type="checkbox"/> Rosemary
	<input type="checkbox"/> Brussels sprouts	<input type="checkbox"/> Jicama	<input type="checkbox"/> Swiss chard		<input type="checkbox"/> Ginger	<input type="checkbox"/> Saffron
	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Tomatoes		<input type="checkbox"/> Fennel seed	<input type="checkbox"/> Sage
<input type="checkbox"/> Cabbage (green, bok choy, Chinese)	<input type="checkbox"/> Leeks	<input type="checkbox"/> Turnips	<input type="checkbox"/> Marjoram	<input type="checkbox"/> Tarragon		
<input type="checkbox"/> Carrots	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Water chestnuts	<input type="checkbox"/> Mint	<input type="checkbox"/> Thyme		
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Okra	<input type="checkbox"/> Yard-long beans	<input type="checkbox"/> Canola oil			
<input type="checkbox"/> Onions	<input type="checkbox"/> Pea pods					

Fruits	<input type="checkbox"/> Apples	<input type="checkbox"/> Figs	<input type="checkbox"/> Oranges	Whole Grains	<input type="checkbox"/> Barley
	<input type="checkbox"/> Avocados	<input type="checkbox"/> Grapes	<input type="checkbox"/> Pomegranates		<input type="checkbox"/> Brown rice
	<input type="checkbox"/> Bananas	<input type="checkbox"/> Kiwis	<input type="checkbox"/> Plums		<input type="checkbox"/> Buckwheat
	<input type="checkbox"/> Blackberries	<input type="checkbox"/> Melons	<input type="checkbox"/> Raspberries		<input type="checkbox"/> Bulgur
	<input type="checkbox"/> Blueberries	<input type="checkbox"/> Nectarines	<input type="checkbox"/> Strawberries		<input type="checkbox"/> Couscous
<input type="checkbox"/> Cherries	<input type="checkbox"/> Peaches		<input type="checkbox"/> Faro		

Beans/Legumes, Nuts & Seeds	<input type="checkbox"/> Almonds	<input type="checkbox"/> Kidney beans	<input type="checkbox"/> Pistachios	Whole Grains	<input type="checkbox"/> Kamut
	<input type="checkbox"/> Black-eyed peas	<input type="checkbox"/> Lentils	<input type="checkbox"/> Seeds		<input type="checkbox"/> Oatmeal
	<input type="checkbox"/> Cashews	<input type="checkbox"/> Lima beans	<input type="checkbox"/> Split peas		<input type="checkbox"/> Polenta
	<input type="checkbox"/> Chickpeas (garbanzos)	<input type="checkbox"/> Peanuts	<input type="checkbox"/> Sunflower seeds		<input type="checkbox"/> Quinoa
	<input type="checkbox"/> Flax/flaxseed	<input type="checkbox"/> Pine nuts	<input type="checkbox"/> Walnuts		<input type="checkbox"/> Wheatberries
			<input type="checkbox"/> Whole-grain breads, rolls, tortillas, and pasta		

Slow! Enjoy in moderation throughout the week

Fish & Seafood

- Clams
- Cod
- Crab
- Halibut
- Mussels
- Orange Roughy
- Red Snapper
- Salmon
- Scallops
- Shrimp
- Tilapia
- Tuna

Poultry & Eggs

- Chicken
- Eggs
- Turkey

Dairy

- Cottage cheese
- Greek yogurt
- Kefir
- Low-fat cheese
- Low-fat milk
- Low-fat yogurt

Whoa! Only small portions, once or twice a month

Meat

- Beef
- Elk
- Lamb
- Pork
- Veal
- Venison

Sweets

- Cakes
- Candy
- Cookies
- Custards
- Donuts, Pastries
- Pies