

The Mediterranean Diet

Adopting a Mediterranean-style diet can help:

- Control your blood glucose levels
- Reduce your risk of heart disease
- Reduce your risk of some cancers
- Aid weight loss

The food pyramid below shows the balance of different foods in your diet

Mediterranean Diet Pyramid: a lifestyle for today
Guidelines for Adult population

Serving size based on frugality and local habits



Wine in moderation and respecting social beliefs



2010 edition

s = Serving



Fundación
Dieta Mediterránea

ICAF
International Commission on the
Anthropology of Food and Nutrition



Predimed
Prevenção com Dieta Mediterrânea



Ciiscam



H.H.F.
HEALTH
FOUNDER



IUNS



CIHEAM
International Centre for
Mediterranean Agricultural Studies



FENS
Forum of European
Nutrition Societies

Practical steps to a Mediterranean diet

Eat your vegetables and fruit. Try switching to whole grains.

An abundance and variety of plant foods should make up the majority of your meals. They should be minimally processed and purchased when they are in season.

Try to have 7- 10 servings of salad, vegetables and fruit each day.

Switch to wholegrain bread and cereal.

Choose brown rice and wholemeal pasta products.

Keep raw vegetables and fruit on hand for a quick, satisfying snack.

Fruit salads are a wonderful way to eat a variety of healthy fruit.

Go nuts.

Choose a small handful of natural, unsalted almonds, cashews, pistachios and walnuts for snacks. Try natural peanut butter (without added salt or sugar) and tahini (blended sesame seeds) as a dip or spread for bread.

Pass on the butter.

Try olive oil as a healthy replacement for butter or margarine. Use it in cooking. Dip bread in flavoured olive oil or lightly spread it on wholegrain bread for a tasty alternative to butter.

Spice it up.

Herbs and spices make food tasty and are also rich in health promoting substances. Season your meals with herbs and spices rather than salt.

Go fish.

Eat fish once or twice a week.

Fresh tuna, salmon, trout, mackerel and herring are healthy choices.

Grilled fish tastes good and cooks quickly. Avoid fried fish, unless sautéed (quick fry) in a small amount of olive oil.

Rein in the red meat.

Substitute fish and poultry for red meat. If you do eat red meat, make sure it's lean and keep portions small (about the size of a deck of cards). Avoid processed meats such as sausage, bacon, burgers and pies.

Choose low-fat dairy.

Limit higher fat dairy products such as whole milk, cheese and ice cream.

Switch to skimmed or semi-skimmed milk, and lower fat cheese.

Meal suggestions

Breakfast

Fresh fruit, especially berries and stone fruits (apricots, peaches, nectarines, plums) with Greek yogurt.

Greek yogurt drizzled with honey and served with toasted pistachio nuts or Almonds.

Granary or wholegrain bread, toasted and topped with grilled tomatoes or mushrooms sautéed in small amounts of olive oil.

Light meal

Greek salad with granary or wholegrain bread.

Lentil or bean salad with bread.

Sandwiches made with wholegrain or granary bread and with fillings of hummus, grilled vegetables, feta cheese, salad.

Vegetable, bean or lentil soup with granary or wholegrain bread.

Main meal

Lentil or bean and vegetable casserole with brown rice.

Baked potatoes stuffed with beans.

Grilled vegetables and couscous.

Pasta with tomato and vegetable sauces.

Oily fish (salmon, mackerel, trout, herring, sardines) grilled and served with rice, pasta or potatoes and a selection of vegetables or salad.

Lean red meat, poultry or game served as casserole with vegetables or grilled or roast with a selection of vegetables or salad.