



# The Mediterranean Nutritionist

*How to follow The Mediterranean Diet for better health and longevity*

## Getting Started on The Mediterranean Diet



### **Key Concepts:**

- Embracing the Mediterranean lifestyle is all about making a few simple changes in your eating habits and activity level—changes that will have a profound impact on your health and longevity.
- The Mediterranean diet is fairly simple. The diet basically consists of eating an abundance of whole, unprocessed foods such as fruits, vegetables, grains, legumes, and nuts. In addition, extra virgin olive oil is the main fat (an unrefined oil) and fish is emphasized as a protein source, which is an excellent way to obtain heart-healthy omega-3 fats.



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- The typical, disease-promoting Western diet is characterized by **high intakes** of trans and saturated fats, full fat dairy, refined sugars, refined and highly processed vegetable oils, sodium and processed foods. This is in stark contrast to **The Mediterranean Diet**, a whole foods diet filled with fresh fruits and vegetables, nuts, olive oil and whole grains, and **avoids** red and processed meats, dairy, trans and saturated fats and refined sugars.
- So, what does a day of eating look like when you live the Mediterranean lifestyle? Aim for applying the 10 steps below as a guideline then refer to the sample day to learn just how easy it is to eat like this...make sure to eat the suggested variety of fresh fruit and vegetables—using extra virgin olive oil liberally to flavor your food. Adjust your portion sizes to control your weight and don't forget to get your daily exercise in. The checklist is a helpful tool—it will aid you in balancing out your Mediterranean day, your way. Bon Appetit!



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## **Key STEPS:**

1. Make authentic extra virgin olive oil (EVOO) your main fat for cooking, salad dressings, and dipping bread. Use avocado as a spread.
2. Eat lots of fresh vegetables every day, especially deeply colored green, orange, red and purple produce and season food with herbs and garlic.
3. Eat 100% whole grain products every day.
4. Eat seafood at least three a week (fish omega-3 fat).
5. Eat lots of fresh fruit every day.
6. Eat a handful of nuts and some flaxseeds or chia seeds (plant omega-3 fat), every day.
7. Eat legumes (beans, peas or lentils) every day.
8. Eat a small amount of fat-free dairy a few times a week.
9. Drink a glass of red wine with dinner (if allowed by your physician).
10. Walk a minimum of 30 minutes a day (aim for achieving 10,000 steps) and strength train twice a week (for healthy bones).



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## Sample Day

	Food	Food Checklist
<b>Breakfast</b>	Oatmeal Ground flaxseeds Soy milk Mixed berries	<ul style="list-style-type: none"> <li>✓ Whole grain</li> <li>✓ Flaxseeds (omega-3)</li> <li>✓ Legume</li> <li>✓ Fresh fruit</li> </ul>
<b>Snack</b>	Walnuts and dried figs	<ul style="list-style-type: none"> <li>✓ Walnuts (omega-3)</li> <li>✓ Figs</li> </ul>
<b>Lunch</b>	<p><b>Greek salad:</b></p> <p>tomatoes, onions,</p> <p>cucumber, peppers, garlic</p> <p>olives, a very small</p> <p>amount of low-fat feta</p>	<ul style="list-style-type: none"> <li>✓ Vegetables, Herbs (onions, garlic)</li> <li>✓ Olives</li>   <li>✓ EVOO</li> <li>✓ Fresh fruit</li> <li>✓ Whole grain</li> </ul>



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	<p>cheese and dressed with olive oil, vinegar and fresh lemon juice</p> <p><b>Whole grain pita sandwich stuffed with:</b></p> <p>hummus assorted vegetables</p>	<p>√ Legume, garlic, EVOO √ Vegetables</p>
<p><b>Snack</b></p>	<p>Apple and cantaloupe slices</p>	<p>√ Fresh fruit</p>
<p><b>Dinner</b></p>	<p>Glass of red wine</p> <p>Salmon seasoned with olive oil, garlic, dill and lemon</p> <p>Lentils served over brown rice</p> <p>Spinach sautéed with garlic and olive oil</p>	<p>√ Red wine with meal √ Fatty fish (omega-3), EVOO, garlic, herbs and fruit √ Legume √ Whole grain √ Vegetable (dark leafy green), garlic, EVOO</p>

EVOO= extra virgin olive oil