

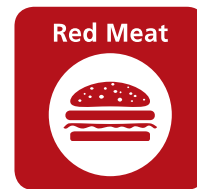
# The Mediterranean Eating Style

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 eating style:

- **Focuses on foods in their natural form.** Eat more legumes, whole fruits, and vegetables instead of processed, packaged, or canned foods.
- **Allows for variety.** Eat different foods each week to make this diet work for you *and* your family.
- **Helps you save money at the grocery store.** Try buying less red meat, refined grains, desserts, and fast food each month.
- **Supports a healthy lifestyle.** This eating style allows you to be creative with menu planning, grocery shopping, and cooking!

**1 to 2 times a month,  
small portions only**



**Throughout the week, in moderation**



**Everyday foods**



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 to 3 to 4 glasses per week.

## What's for Breakfast?



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

■ **3 to 4 mornings a week**, enjoy eggs in an omelet full of veggies or try poached eggs with whole wheat toast. Try smoked salmon on a whole wheat bagel and light cream cheese.

■ **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, chickpeas, quinoa, or barley to your salad. Snack on fruit, nuts, or fresh carrots and snap peas.

■ **A couple times a week**, add fish or shrimp to your salads. Make a whole wheat sandwich with grilled chicken, tomatoes, lettuce, avocado and any other veggies of your choice. Try shrimp tacos or a salmon and brown rice bowl to add in healthy omega 3's and protein. 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 low-fat frozen 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**, enjoy roast beef, lamb, or pork with whole grains and lots of veggies on the side. For a treat, make 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.

Eat plant-based foods 80% of the time.  
Grab a handful of nuts or fruit for a snack.

Limit dairy to low-fat milk, yogurt, and cheese.  
Choose brown rice and whole-grain bread.



## Sample Recipes

### Mediterranean Lentil Salad

#### Ingredients:

##### Salad:

- 1 cup uncooked green lentils, or 2 ½ cups cooked
- 1 cup diced cucumbers
- 1 cup cherry tomatoes, quartered
- ¼ cup diced red onion
- ¼ cup flat leaf parsley, chopped
- ¼ cup black olives, chopped
- ½ cup crumbled feta cheese

##### Vinaigrette:

- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon lemon juice
- 2 teaspoons Dijon mustard
- 1 teaspoon honey
- 1 teaspoon dried oregano
- Salt and fresh ground black pepper to taste

#### Directions:

- 1 Add the dry lentils to a mesh strainer and rinse with water. Place them in a medium sized saucepan with 3 cups of water and bring to a boil. Once boiling, cover with a lid, reduce the heat and simmer for 20 minutes or until tender, but not mushy. Drain the lentils of any excess water and add them to a serving bowl, letting them cool while you prepare the remainder of the salad.
- 2 Whisk together ingredients for vinaigrette and set aside.
- 3 Add the remaining salad ingredients to the cooled lentils along with the vinaigrette. Gently stir everything together until combined. Season to taste and serve or cover and refrigerate until ready to serve.

Makes 4 servings

### Roasted Salmon

#### Ingredients:

- Grated lemon and/or orange peel
- 2 teaspoons salt
- 2 teaspoons sugar
- 1 ½ teaspoon white pepper
- 1 teaspoon ground coriander (or cilantro)
- 4 to 6 Salmon filets (4 ounces each)
- Lemon and orange slices

#### Directions:

- 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 to 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 to 15 minutes). Watch closely while under broiler to prevent burning the fish.

Makes 4 to 6 servings

### Honey-Lime Sweet Potato, Black Bean and Corn Tacos

#### Ingredients:

- 1 ½ lbs. sweet potatoes, peeled if desired and diced into 1½-inch cubes
- 4 tablespoon olive oil, divided
- 1 tsp cumin 1 tsp paprika
- ½ tsp ground coriander
- ¼ tsp cayenne pepper (optional)
- Salt and freshly ground black pepper
- 1 small yellow onion, diced (1 cup)
- 1 ½ tsp minced garlic
- 1 (14.5 ounce) can black beans, rinsed and drained
- 1 cup frozen yellow corn thawed and drained
- 3 tablespoon honey
- 3 tablespoon fresh lime juice
- 2 tablespoon chopped fresh cilantro
- Corn or flour tortillas
- Romaine lettuce or purple cabbage, Cotija or feta cheese (Monterrey or Manchego would also be good), diced avocados, fresh salsa or pico de gallo and hot sauce (optional)

#### Directions:

- 1 Preheat oven to 425 degrees. Line a baking sheet with foil then place sweet potatoes on foil. Drizzle with 3 tablespoon olive oil and toss to evenly coat.
- 2 Sprinkle evenly with cumin, paprika, coriander, cayenne pepper and season lightly with salt and pepper to taste then toss to evenly coat. Bake in preheated oven 15 to 20 minutes until tender, removing from oven and tossing once halfway through baking.
- 3 Meanwhile, in a large skillet, heat remaining 1 tablespoon olive oil over medium-high heat. Once hot add onion and sauté until caramelized (golden brown on edges and tender), about 5 to 6 minutes, adding in garlic during last 30 seconds of sautéing.
- 4 Reduce heat to medium-low, add in drained black beans, corn, honey and lime juice. Heat until warmed through. Toss in roasted sweet potatoes and cilantro. Serve over warm tortillas with desired toppings.

### Chipotle Lime Grilled Shrimp

#### Ingredients:

- 1 pound shrimp, peeled and deveined
- 1 chipotle chili in adobo, chopped
- 2 teaspoons adobo sauce
- 2 limes, juice and zest
- 2 cloves garlic, chopped
- 1 teaspoon cumin, toasted and ground
- Salt and pepper to taste

#### Directions:

- 1 Marinate the shrimp in the mixture of the remaining ingredients for at least 20 minutes.
- 2 Skewer the shrimp and grill over medium-high heat until cooked, about 1 to 3 minutes per side.

**Tip:** Add the chipotles to the marinade one at a time and taste test for heat. Add 1 tablespoon honey or 2 tablespoons cilantro to the marinade as preferred.

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

Go! Eat daily					
<b>Vegetables</b>			<b>Herbs, Spices &amp; Oils</b>		
<ul style="list-style-type: none"> <li>• Artichoke</li> <li>• Artichoke hearts</li> <li>• Asparagus</li> <li>• Baby corn</li> <li>• Bamboo shoots</li> <li>• Beans (green, wax, Italian)</li> <li>• Bean sprouts</li> <li>• Beets</li> <li>• Brussels sprouts</li> <li>• Broccoli</li> <li>• Cabbage (green, bok choy, Chinese)</li> <li>• Carrots</li> <li>• Cauliflower</li> </ul>	<ul style="list-style-type: none"> <li>• Celery</li> <li>• Chayote</li> <li>• Coleslaw (packaged, no dressing)</li> <li>• Cucumber</li> <li>• Daikon</li> <li>• Eggplant</li> <li>• Greens (collard, kale, mustard, turnip)</li> <li>• Hearts of palm</li> <li>• Jicama</li> <li>• Kohlrabi</li> <li>• Leeks</li> <li>• Mushrooms</li> <li>• Okra</li> <li>• Onions</li> <li>• Pea pods</li> </ul>	<ul style="list-style-type: none"> <li>• Peppers</li> <li>• Radishes</li> <li>• Rutabaga</li> <li>• Salad greens (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress)</li> <li>• Spinach</li> <li>• Sprouts</li> <li>• Squash (summer, crookneck, spaghetti, zucchini)</li> <li>• Sugar snap peas</li> <li>• Swiss chard</li> <li>• Tomatoes</li> <li>• Turnips</li> <li>• Water chestnuts</li> <li>• Yard-long beans</li> </ul>	<ul style="list-style-type: none"> <li>• Basil</li> <li>• Chili Powder</li> <li>• Chilies</li> <li>• Cinnamon</li> <li>• Cloves</li> <li>• Cumin</li> <li>• Dill</li> <li>• Garlic</li> <li>• Ginger</li> <li>• Fennel seed</li> <li>• Marjoram</li> <li>• Mint</li> <li>• Canola oil</li> </ul>	<ul style="list-style-type: none"> <li>• Oils (canola, extra-virgin olive, sesame, flaxseed, grapeseed, and avocado)</li> <li>• Oregano</li> <li>• Parsley</li> <li>• Pepper</li> <li>• Rosemary</li> <li>• Saffron</li> <li>• Sage</li> <li>• Tarragon</li> <li>• Thyme</li> </ul>	
<b>Fruits</b>			<b>Whole Grains</b>		
<ul style="list-style-type: none"> <li>• Apples</li> <li>• Avocados</li> <li>• Bananas</li> <li>• Blackberries</li> <li>• Blueberries</li> <li>• Cherries</li> </ul>	<ul style="list-style-type: none"> <li>• Figs</li> <li>• Grapes</li> <li>• Kiwis</li> <li>• Melons</li> <li>• Nectarines</li> <li>• Peaches</li> </ul>	<ul style="list-style-type: none"> <li>• Oranges</li> <li>• Pomegranates</li> <li>• Plums</li> <li>• Raspberries</li> <li>• Strawberries</li> </ul>	<ul style="list-style-type: none"> <li>• Barley</li> <li>• Brown rice</li> <li>• Buckwheat</li> <li>• Bulgur</li> <li>• Couscous</li> <li>• Faro</li> <li>• Kamut</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Polenta</li> <li>• Quinoa</li> <li>• Wheat berries</li> <li>• Whole-grain breads, rolls, tortillas, and pasta</li> </ul>	
<b>Beans/Legumes, Nuts &amp; Seeds</b>					
<ul style="list-style-type: none"> <li>• Almonds</li> <li>• Black-eyed peas</li> <li>• Cashews</li> <li>• Chickpeas (garbanzos)</li> <li>• Flax/flaxseed</li> </ul>	<ul style="list-style-type: none"> <li>• Kidney beans</li> <li>• Lentils</li> <li>• Lima beans</li> <li>• Peanuts</li> <li>• Pine nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Pistachios</li> <li>• Seeds</li> <li>• Split peas</li> <li>• Sunflower seeds</li> <li>• Walnuts</li> </ul>			
Slow! Enjoy at least twice a week					
<b>Fish &amp; Seafood</b>		<b>Poultry &amp; Eggs</b>		<b>Dairy</b>	
<ul style="list-style-type: none"> <li>• Clams</li> <li>• Cod</li> <li>• Crab</li> <li>• Halibut</li> <li>• Mussels</li> <li>• Orange Roughy</li> </ul>	<ul style="list-style-type: none"> <li>• Red Snapper</li> <li>• Salmon</li> <li>• Scallops</li> <li>• Shrimp</li> <li>• Tilapia</li> <li>• Tuna</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken</li> <li>• Eggs</li> <li>• Turkey</li> </ul>	<ul style="list-style-type: none"> <li>• Cottage cheese</li> <li>• Greek yogurt</li> <li>• Kefir</li> <li>• Low-fat cheese (Look for "reduced fat" or "part-skim" on cheese label)</li> <li>• Low-fat milk</li> <li>• Low-fat plain yogurt</li> </ul>		

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