

Nutrition Facts

....Mediterranean Diet

Eat to Your Health

Over 50 years of consistent positive research support the Mediterranean Diet's role in:

- Promoting heart health
- Supporting weight loss and maintenance
- Lowering bad cholesterol
- Increasing good cholesterol
- Enhancing memory
- Decreasing risk of asthma, allergies, and arthritis
- Improving blood sugar, especially for diabetics
- Preventing certain cancers
- Helping prolong life

In fact, it's frequently referred to as the "gold standard" for dietary patterns.

Why Mediterranean?

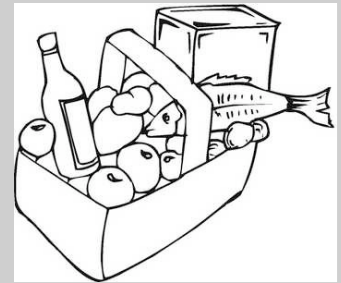
The Mediterranean diet describes eating patterns found in countries bordering the Mediterranean Sea, including Greece, Italy,

Spain, Turkey, and Morocco. The rates of chronic disease in these countries traditionally have been among the lowest in the world and adult life expectancy among the highest, even though medical services were limited.

The Mediterranean Grocery List

The foods in the core of the Mediterranean diet are naturally rich in vitamins, minerals, antioxidants, and healthy fats, including:

- Extra virgin olive oil
- Fruit and veggies
- Yogurt and cheese
- Beans and hummus
- Pasta, grains, and bread
- Nuts and peanuts
- Seafood
- Wine



The Mediterranean Diet isn't a diet at all. It's a lifestyle! Think of it as a delicious, fat-free way of eating and drinking that can help you and your family live longer, healthier lives.

Paximadia

Recipe courtesy of the Oldways Table

Here's the American version of a classic Greek dish made by combining whole wheat bread, tomatoes, feta cheese, and a drizzle of olive oil. Sprinkle with oregano for a dish that's perfect for the family table - lunch, dinner or afternoon snack.

Serves 6

- ✓ 6 whole-wheat bagels or rolls
- ✓ 1-1/2 pounds ripe tomatoes or 1 (20-ounce) can tomatoes, drained
- ✓ ½ cup fresh or dried oregano
- ✓ ½ pound feta cheese, crumbled
- ✓ Extra virgin olive oil
- ✓

Toast bagels. Pile tomatoes, herbs, and feta cheese on bagels, and finish by drizzling with the olive oil. Serve immediately.

Putting it All Together

- Opt for natural peanut butter (no hydrogenated oils).
- Keep baby carrots, apples, bananas, and other travel-friendly fruits and veggies on hand for a quick snack.
- Use “extra-virgin olive oils” when cooking, or spread olive oil onto whole-grain bread for an alternative to butter.
- Choose grilled and baked fish and poultry or small portions of red meat or pork.
- Enjoy moderate portions of great cheeses and yogurt.
- Keep walnuts, almonds, pecans, peanuts, and other nuts and seeds on hand for a quick pick-me-up.
- Enjoy a glass of wine at dinner, if it's OK with your doctor (up to two to two 4 oz. glasses a day for men, one 4 oz. glass per day for women). Or try purple grape juice instead.
- Be active. Walking, riding a bike, walking up stairs, and going to the gym are great ways to get moving and feel better.



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For more information on the Med Diet, visit www.mediterraneanmark.org.

Provided by the **Mediterranean Foods Alliance (MFA)**, a consumer advocacy group devoted to helping more people experience the health and amazing flavors of the Mediterranean Diet.



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Changing the way people eat