



MEDITERRANEAN DIET RECOMMENDATIONS

The traditional Mediterranean Diet pattern differs significantly from other eating patterns. First, olive oil is used generously for most cooking and is consumed as the primary dietary fat. Second, the MD has a high intake of various plant foods (fruits, vegetables, legumes, unrefined cereals, nuts, and seeds). At the same time, there is moderate consumption of fish, seafood, fermented dairy products (yogurt and cheese), poultry, and eggs; as well as alcohol use in moderation with meals (usually wine). Finally, the consumption of red and processed meats, and sweets is limited together with adequate activity, rest and conviviality.

QUICK TIPS FOR GETTING STARTED

Use generously olive oil (extra virgin if possible) to cook and dress salads and food (e.g. in a toast instead of butter).

Consume 3 or more servings per week of mixed nuts (including peanut butter made only with peanuts)

Consume 2 or more servings a day of vegetables.

Consume 3 or more servings per day of whole fruit.

Consume 3 or more servings per week of fish and seafood (including fatty fish, at least one serving).

Consume 3 or more servings per week of legumes.

Consume lean meats (turkey, chicken) instead of red and processed meats (hamburgers, sausages, meatballs, beef).

Consume 2 or more servings per week of “sofrito,” a sauce made with tomato and onion and/or garlic slowly simmered with olive oil as a side of main courses (whole pasta, brown rice) and use fresh herbs and allium to cook.

Limit commercial sweets and refined carbohydrates to less than 3 servings per week. Instead consume whole grains.

Limit the consumption of soda and sugary drinks, spread fats (whole cream, butter), fast and processed foods (fried foods, chips) to 1 or less times per week.