



When you think of the Mediterranean, what comes to mind?  
Turquoise water?  
Sunny skies?  
Olive trees?

### The Mediterranean Diet

(or Med Diet) reflects a way of eating that is traditional in the countries that surround the Mediterranean, but you don't need to travel any further than to your local supermarket to discover its delicious flavors and fresh foods. It's easy to bring the remarkable health benefits and affordable Mediterranean style of eating to your kitchen cupboards, your refrigerator, your countertops, your stovetop, your oven, and your table every day. Embracing the Med Diet is all about making some simple but profound changes in the way you eat today, tomorrow, and for the rest of your life.

What to eat... how often... and how much. Oldways can help you get started with the Med Diet, in just a few easy steps.



## Follow 8 Simple Steps for Good Health

**1. Eat lots of vegetables.** There are so many choices! From a simple plate of sliced fresh tomatoes drizzled with olive oil and topped with crumbled feta cheese to stunning salads, garlicky greens, fragrant soups and stews, healthy pizzas, or oven-roasted medleys, vegetables are vitally important to the fresh tastes and delicious flavors of the Med Diet. Can you fill half your plate with them at lunch and dinner?



**2. Change the way you think about meat.** If you eat meat, have smaller amounts. For example, add small strips of sirloin to a vegetable sauté, or garnish a dish of pasta with diced prosciutto. As a main course, have smaller portions (3 ounces or less) of chicken or lean meat.



**3. Enjoy some dairy products.** Eat Greek or plain yogurt, and try smaller amounts of a variety of cheeses.

**4. Eat seafood twice a week.** Fish such as tuna, herring, salmon, and sardines are rich in heart-healthy omega-3 fatty acids, and shellfish including mussels, oysters, and clams have similar benefits for brain and heart health.

**5. Cook a vegetarian meal one night a week.** Build these meals around beans, whole grains, and vegetables, and heighten the flavor with fragrant herbs and spices. When one night feels comfortable, try two nights per week.



**6. Use good fats.** Include sources of healthy fats in daily meals, especially extra-virgin olive oil, nuts, peanuts, sunflower seeds, olives, and avocados.

**7. Switch to whole grains.** Whole grains are naturally rich in many important nutrients; their fuller, nuttier taste and extra fiber keep you satisfied for hours. Cook traditional Mediterranean grains like bulgur, barley, farro and brown, black or red rice, and favor products made with whole grain flour.

**8. For dessert, eat fresh fruit.** Choose from a wide range of delicious fresh fruits — from fresh figs and oranges to pomegranates, grapes and apples. Instead of daily ice cream or cookies, save sweets for a special treat or celebration.

