

# Mediterranean Diet

Choosing a diet similar to one eaten by people living around the Mediterranean Sea may lower the risk of cardiovascular disease and have additional health benefits. The diet is mostly plant-based with high amounts of fresh vegetables, fruits, nuts, dried beans, olive oil, and fish. Follow these tips to eat the Mediterranean way!

| Food/Food Group           | Recommended Intake*   | Tips  |
|---------------------------|---|---|
| Vegetables                | 4 or more servings each day (one portion each day should be raw vegetables)             | A serving is 1 cup raw or ½ cup cooked vegetables. Eat a variety of colors and textures.  |
| Fruits                    | 3 or more servings each day   | Make fruit your dessert   |
| Grains                    | 4 or more servings each day   | Choose mostly whole grains.<br>1 serving = 1 slice bread or ½ cup cooked oatmeal  |
| Fats/Oils                 | Olive Oil: 4 Tablespoons or more each day   | Choose extra virgin olive oil (EVOO) and use in salad dressings and cooking; choose avocado or natural peanut butter instead of butter or margarine |
| Dried Beans/Nuts/Seeds    | Nuts/Seeds: 3 or more servings each week<br>Beans/Legumes: 3 or more servings each week | 1 ounce or 1 serving = 23 almonds or 14 walnut halves; 1 serving of beans = ½ cup   |
| Fish and Seafood          | 2-3 times each week   | Choose salmon, sardines, and tuna which are rich in Omega-3 fatty acids   |
| Herbs and Spices          | Use daily   | Season foods with herbs, garlic, onions and spices instead of salt  |
| Yogurt/Cheese/Egg Poultry | Choose daily to weekly  | Choose low-fat yogurt and cheeses; choose skinless chicken or turkey in place of red meat   |
| Alcohol/Wine              | Men: 1-2 glasses each day<br>Women: 1 glass each day                                    | Always ask your medical team if alcohol is ok for you to consume.   |

**\*Serving sizes should be individualized to meet energy and nutrient needs.**

❖ Red meats, processed meats, and sweets should be limited



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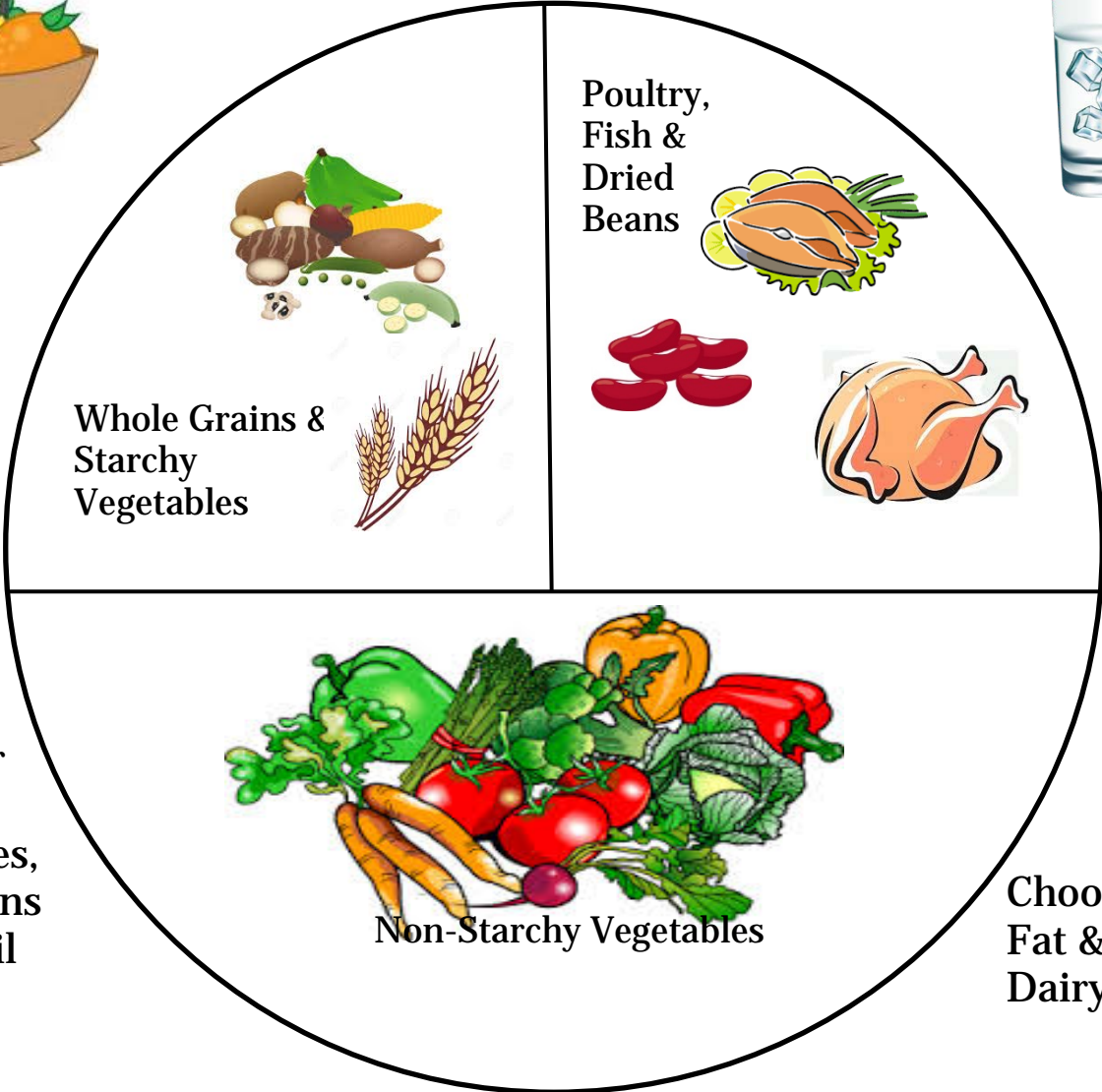
# Mediterranean Plate



Choose fresh fruit for dessert or snacks



Flavor your food with herbs, spices, garlic, onions and olive oil



Drink water, tea or coffee with little or no sugar. May have 1-2 glasses of wine each day, but discuss with your medical team first.



Choose Non-Fat & Low-Fat Dairy Products



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## Sample Menu

### Breakfast

1 cup Greek yogurt with  $\frac{3}{4}$  cup berries or fresh fruit and  $\frac{1}{4}$  cup walnuts  
1 slice whole wheat toast with  $\frac{1}{4}$  cup mashed avocado or 2 teaspoons natural nut butter  
Coffee or tea



### Lunch

1 cup lentil or minestrone soup  
1 whole wheat pita  
2 Tablespoon hummus  
 $\frac{1}{2}$  cup tomatoes,  $\frac{1}{2}$  cup cucumber with 2 Tablespoons olive oil, balsamic vinegar, and basil  
Water with lemon wedge  
1 apple, peach, or orange



### Snack

1 ounce low-fat mozzarella cheese and 15 grapes

### Dinner

3-4 ounces broiled fish brushed with olive oil, seasoned with lemon and dill  
1 cup brown rice, cooked  
1 cup steamed carrots  
1-2 cups baby spinach and arugula salad with 2 Tablespoons olive oil vinaigrette dressing  
Decaf green tea or 5 ounce wine (if cleared by medical team)

### Snack

1 ounce dark chocolate

**Nutrition Information:** 2200 calories (8% saturated fat, 11% polyunsaturated fat, 19% Monounsaturated fat), 43 grams fiber. 4 Tablespoons olive oil each day provides 480 of 2200 calories.



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