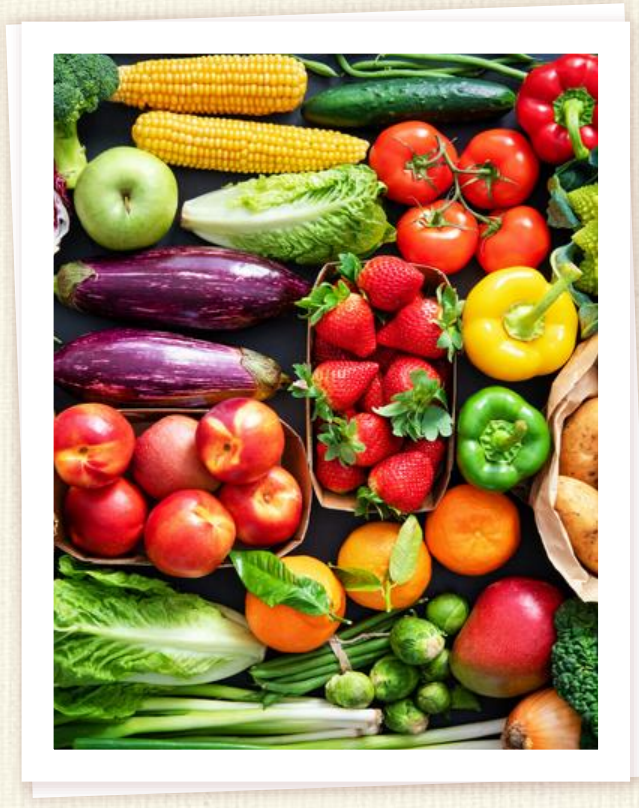
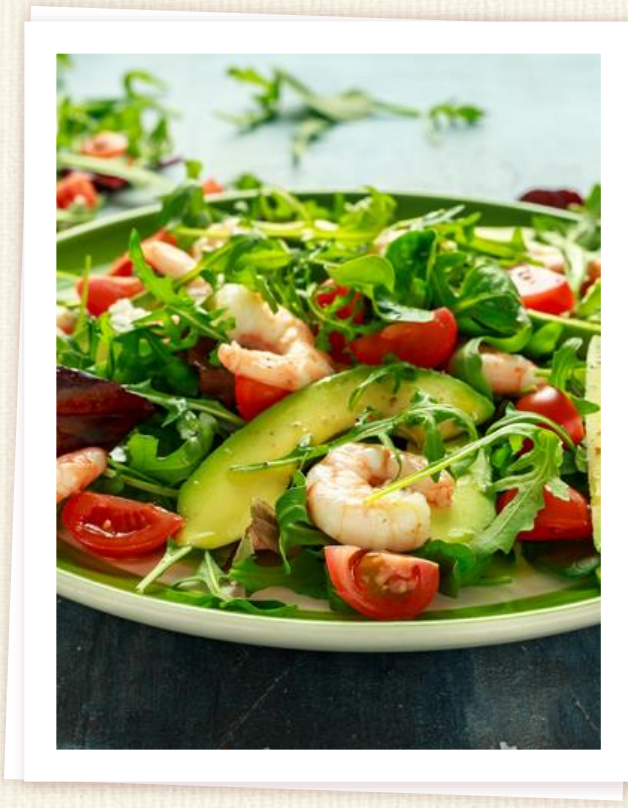




# The Mediterranean Diet

Why your doctor wants you on this diet, and why YOU will love it!





# Foods on the Mediterranean Diet

come from cuisines of Italy, Greece, Spain, Morocco and Egypt



# What will be covered in this presentation:



- Why does your doctor want you to follow the Mediterranean Diet?
- Why you will love the Mediterranean Diet
- How to follow the Mediterranean Diet
- Menu Planning
- Convenience foods and Restaurant dining

# We want you to live longer



- A Mediterranean style diet can add years (up to a decade) to your lifespan.

# Reduce your risk of heart disease and stroke



- The Mediterranean Diet is cardio-protective for all.
- For those with existing heart disease, following the diet lowered the risk of a new major cardiac event by up to 75%.



# Decrease inflammation in your body



- Less joint pain was experienced by those on this diet.

# Prevent cancer and its recurrence? Why Not?



- Cancer cell mutations are reduced (breast, colorectal, prostate cancers) for those on the Mediterranean Diet.

# Your doctor wants to prevent type 2 diabetes and associated complications



- Studies showed the risk of developing diabetes decreased by 20%.
- Following the Mediterranean Diet lowers A1C and decrease insulin resistance, thereby lowering risks for complications in diabetes.

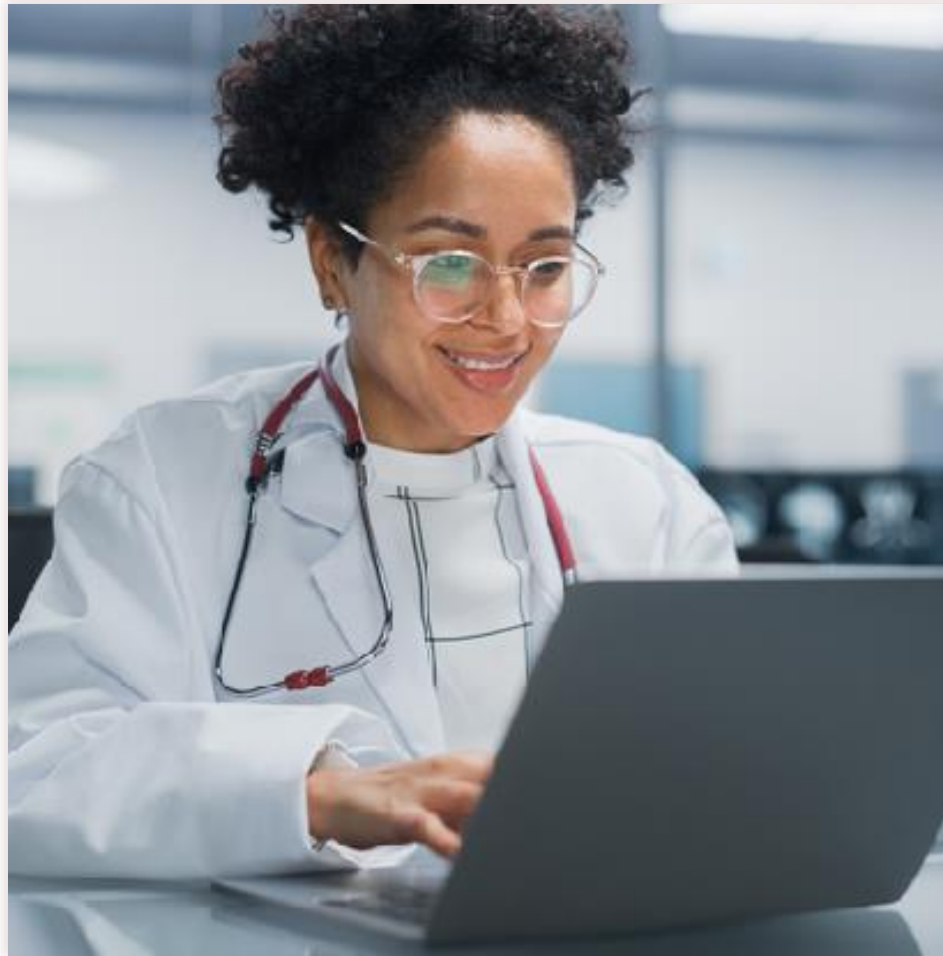


# How about slowing the progression of memory loss or dementia



- Research show the diet is beneficial for both those with no cognitive decline and for those with existing memory loss.

# Who says, 'NO' to stronger bones??



- Higher adherence to the Mediterranean Diet was associated with better bone health.



# Why you will love the Mediterranean Diet



- Because you have good taste!
- Easy to follow
- Voted – Best diet for weight loss and overall health and wellbeing!!





Let it pour!

Focus on these  
foods:

Vegetables





Let it pour!

Focus on these  
foods:

Fruits



**Let it pour!**

**Focus on these  
foods:**

**Whole grains**





Let it pour!

Focus on these  
foods:

# Seafood

Google: "EatingWell 22 Fish & Seafood  
Dinner Recipes for the Mediterranean  
Diet"



Let it pour!

Focus on these  
foods:

Nuts and  
seeds





Let it pour!

Focus on these  
foods:

Beans, peas,  
lentils



Let it pour!

Focus on these  
foods:

Dairy and  
yogurt





Let it pour!

Focus on these  
foods:

Olive oil



**PLEASE LIMIT!**

**Eat less of these  
foods:**

**Fatty meats**

**Full fat cheese**

**Sugary treats**

**Junk foods**



## Mediterranean Diet Pyramid

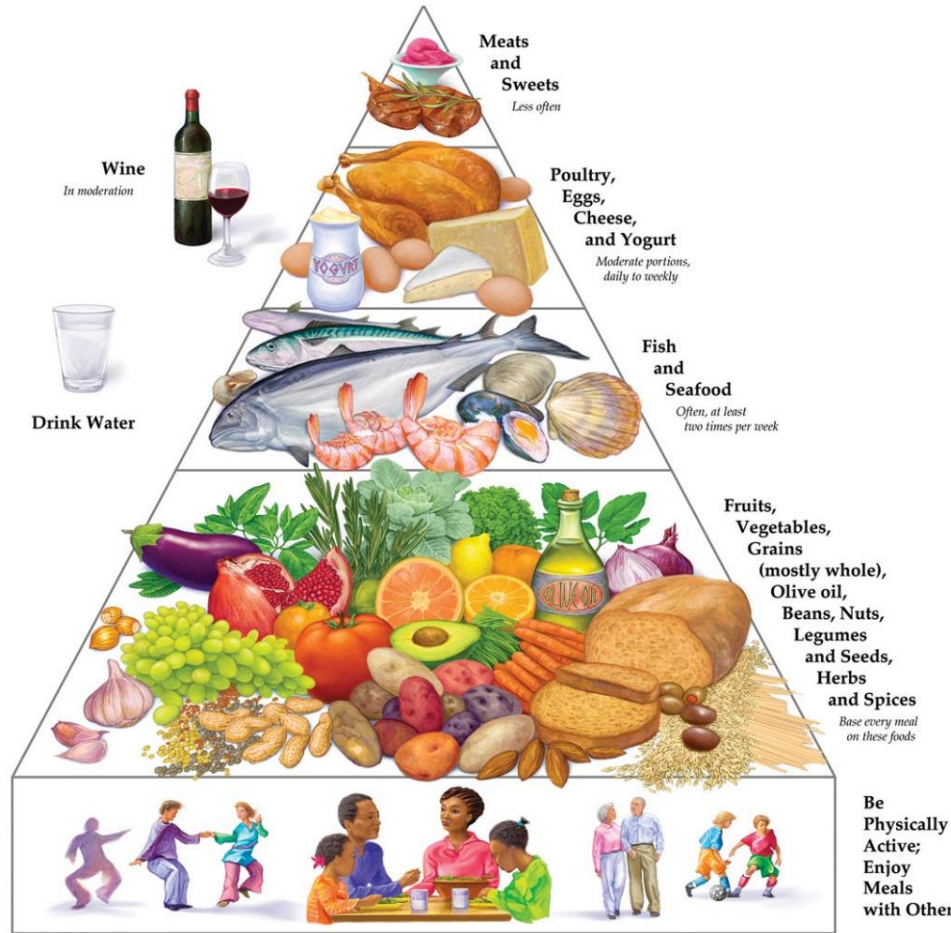


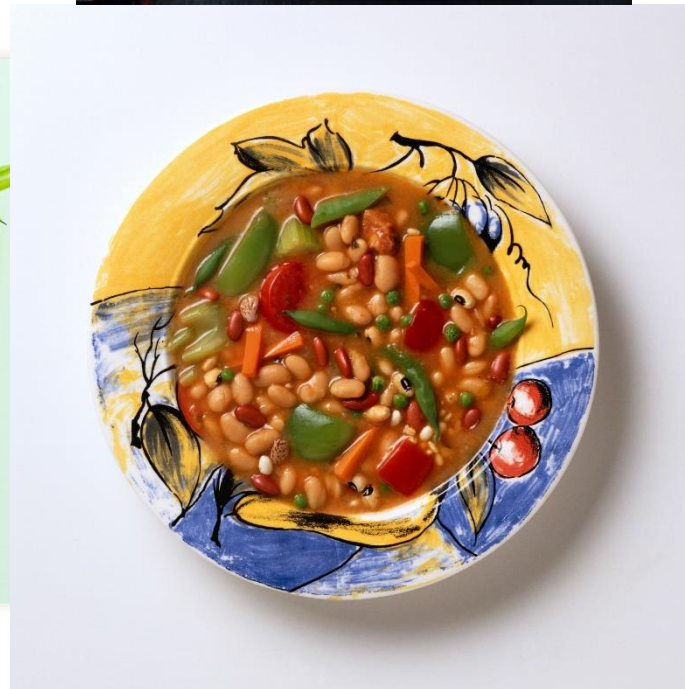
Illustration by George Middleton

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[www.oldwayspt.org](http://www.oldwayspt.org)

# Pyramid shows priorities and proportions

Base = Lifestyle principles of eating with friends and family, socializing over meals, relaxation during meals and walking after dinner



# Menu Planning

- Cook with olive oil
- Include vegetables and/or fruits at every meal
- Eat whole grains
- Increase fish and seafood; then poultry
- Very little beef, pork, eggs and high-fat dairy
- Fresh or frozen fruit for snacks and dessert
- Keep added sugar and white flour for rare occasions
- Red wine instead of beer or other alcohol



## Sample Mediterranean Menu – What would you eat?

	Breakfast	Lunch	Dinner	Snack
Monday	Omelet with veggies	Tuna salad in avocado	Salmon with lemon-caper sauce, salad and baked potato	Pear and almonds
Tuesday	Overnight oats with fruit	Italian bean salad	Two cheese risotto	Guacamole and corn chips
Wednesday	Quiche cups	Left- over risotto	Chicken stir fry (save some chicken for left-overs),	Apple
Thursday	Quiche cups	Mediterranean chicken pecan salad	Marinated portabella burgers, green beans, sweet potato fries	Hummus with pretzel sticks
Friday	Peanut butter toast	Hummus and veggies	Shrimp over pesto zoodles or cauliflower rice	Olives
Saturday	Avocado bakes	PB and J sandwich on whole grain bread, banana	Zucchini lasagna, salad	Dry-roasted peanuts
Sunday	Pumpkin cornbread	Left-over lasagna	Greek lemon soup with black-eyed peas	Pumpkin cornbread

# Costs of Healthy Foods

In America healthier foods cost more than unhealthy foods

## Essential Tips



- Read the store's ads and buy what is on sale.
- Make a weekly plan. This ensures less food will go to waste.
- Shop with a list and stick to it.
- About to lose fruits or vegetables that are too ripe? Freeze to use in smoothies and soups.
- Eating less meat will automatically save \$. Think of meat less like the focus of the meal and more like an addition or condiment.
- Make beans or lentils your protein source for dinner. Save by soaking dry beans the night before, then cooking them in the crockpot while you are at work.
- Plan for leftovers – this means less waste and a good lunch!
- Try to grow some vegetables in your own or a community garden.



# For more help on sticking to a budget while eating more healthfully:



- **Addressing Budget Concerns**  
<https://fruitsandveggies.org/stories/smart-shopping-for-affordable-delicious-meals>
- **Stretch Your Budget**  
<https://fruitsandveggies.org/stories/have-food-group-goals-to-stretch-your-food-budget/>
- **Creating An Affordable Healthy Diet That Works for You**  
<https://www.moneygeek.com/financial-planning/supporting-healthy-eating-on-a-budget/>

# Suggestions for convenience foods



Pre-cut veggies

Frozen vegetables

Canned or pouch fish

Frozen cooked shrimp

Hummus

Popcorn is a whole grain

Low sugar yogurt

Guacamole prepared

Roasted and salted nuts

Sunflower seeds

Pumpkin seeds

Lentil chips

Crunchy chickpea snacks

Whole wheat fig bars

Olives





## Restaurant Meals

Bean-based meal

Vegetarian entrée

Eggs

Grilled or blackened fish

Shrimp, scallops, crab legs, lobster

Greek salad

Bean burrito

Shrimp fajitas

Shrimp and snow peas

Vegetable lasagna

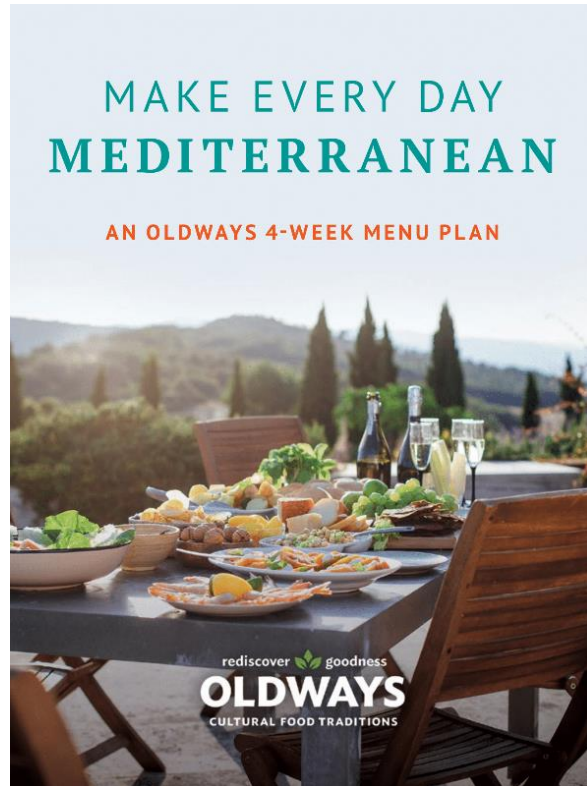
Eggplant parmesean

Bowls featuring whole grain, veggies and  
beans, shrimp or chicken

Split pea or lentil soup

Stir- fries

# A couple extra resources



Facebook Group

<https://www.facebook.com/groups/MakeEveryDayMediterranean>

4 week Menu Plan from  
Oldways \$9.99 E-BOOK

<https://oldwayspt.org/resources/oldways-4-week-mediterranean-diet-menu-plan-book>



# The Mediterranean Diet

Please take required quiz by clicking <https://www.classmarker.com/online-test/start/?quiz=3pt636d3c31597f2>

