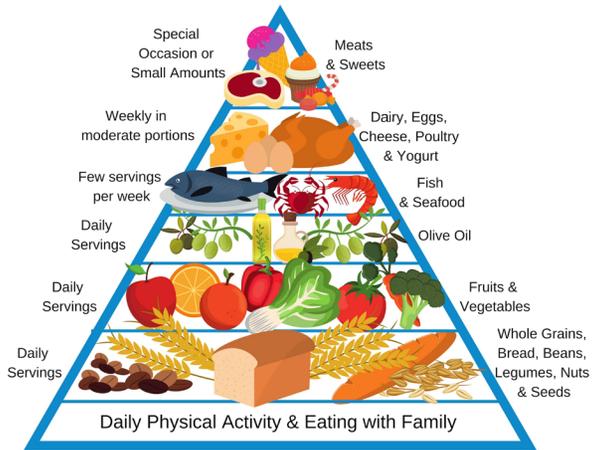


## HEALTHY EATING WITH THE MEDITERRANEAN DIET

Much of the Mediterranean diet consists of fresh, minimally processed foods that are mostly plant-based and rich in monounsaturated fats. For instance, olive oil contains monounsaturated fats.

The Mediterranean style of eating also may help you lose weight because the amount of food you eat is limited. Food is savored and not eaten on the run. In addition, activity is encouraged. See the tips for weight loss while following the Mediterranean diet inside this brochure.



**MEDITERRANEAN DIET**



### More Information

A registered dietitian can help you create a healthy meal plan. Call (800) 800-6849 to schedule an appointment. You will need a referral from your physician.

For more information, or to speak with a registered dietitian, call the Phelps Health outpatient dietitian at (573) 458-7714.

## MEDITERRANEAN DIET FOR HEART HEALTH



The Mediterranean diet is a heart-healthy eating pattern based on the traditional foods and cooking styles of the countries bordering the Mediterranean Sea.

## TIPS FOR LOSING WEIGHT ON THE MEDITERRANEAN DIET

- You will have better results if you stick with the Mediterranean diet for more than six months, get regular exercise and cut back on portion sizes.
- Eat three regular meals a day and avoid skipping meals.
- Eat mostly plant-based foods, including fruits and vegetables, potatoes, whole-grain bread, beans, nuts and seeds.
- Gradually increase your fiber intake to 25-35 grams daily.
- “Good” fats get a stamp of approval: think olives, extra-virgin olive oil, nuts, sunflower seeds and avocados.
- You should eat fish and seafood at least twice a week.
- Dessert is usually fruit. Sweets are OK on occasion.
- Choose water as your go-to drink; get at least six 8-ounce glasses of water daily.
- Perform physical activity after checking with your doctor. Get at least 30 minutes for five or more days each week.

## BASIC EATING PATTERN OF THE MEDITERRANEAN DIET

- Eating a variety of fruits and vegetables each day, such as grapes, blueberries, tomatoes, broccoli, peppers, figs, olives, spinach, eggplant, beans, lentils and chickpeas.
- Eating a variety of whole-grain foods each day, such as oats, brown rice, whole wheat bread, pasta and couscous.
- Choosing healthy (unsaturated) fats, such as nuts, olive oil and certain nut or seed oils like canola, soybean and flaxseed. Eat up to eight total fat servings, mainly from unsaturated fats. Use olive oil while cooking.
- Limit unhealthy (saturated and trans fats) such as butter, palm oil and coconut oil. Limit fats found in animal products, such as meat and dairy products made with whole milk.
- Eat mostly vegetarian meals that include whole grains, beans, lentils and vegetables.
- Eat fish at least two times a week, such as tuna, salmon, mackerel, lake trout, herring or sardines.
- Eat moderate amounts of low-fat dairy products each day or weekly, such as milk, cheese or yogurt.
- Eat moderate amounts of poultry and eggs every two days or weekly. Remove the skin off of your poultry before cooking.
- Limit red meat to only a few times a month in small amounts. For example, a serving of meat is 3 ounces. This is about the size of a deck of cards.
- Limit sweets and desserts to only a few times a week. This includes sugar-sweetened drinks like soda.
- The Mediterranean diet also may include red wine, if appropriate with your meal -- one serving each day for women and up to two glasses a day for men. One serving of wine equals 5 ounces.
- The Mediterranean diet also recognizes the importance of being physically active and enjoying meals with family and friends.

