What is the Mediterranean Lifestyle?

What are the benefits?

What are easy ways to incorporate it into my life?
Where in the world is the Mediterranean?
Key Behaviors

- **Base your meals around fruits, vegetables and whole grains**
  - Plan for variety

- **Be Active**
  - Exercise at least 150 minutes a week (walking, swimming, biking)

- **Spend time with family and friends**
  - Take time to enjoy meals with your friends and family

- **Drink Smart**
  - Choose water over soda. Limit wine and drink only with a meal.
Wine in moderation

Meats & Sweets
Less often

Poultry, Eggs, Cheese and Yogurt
Moderate portions, daily to weekly

Fish and Seafood
Often, at least twice a week

Fruits, Vegetables,
Grains (mostly whole),
Olive oil, Beans, Nuts,
Legumes, Seeds, Herbs
and Spices
Base every meal on these foods

Drink water

Be physically active;
Enjoy meals with others
The S.A.D. diet

- 51% Processed Foods
- 42% Animal Products
- 7% Fruits & Vegetables
Nutritional Adequacy of the Mediterranean Diet

- Healthy Fats
- Micronutrients
- Low glycemic foods
- High fiber
- Variety
- Antioxidants
- Phytochemicals
- Probiotics
Health Benefits

- Reduced risk of heart disease and high blood pressure
- Fight certain cancers
- Reduce asthma
- Prevent diabetes; manage blood sugars
- Support weight management
- Resist depression
- Delay cognitive decline
- Nurture healthier babies
- Increase life expectancy
Be creative! Eat a variety of fresh, frozen, and canned vegetables every day.

These are just a few examples. All vegetables are good!

- Spinach
- Red & green peppers
- Carrots
- Eggplant
- Tomatoes - canned, fresh, sun-dried
- Potatoes
- Mushrooms
- Squash
- Artichokes
- Onions
- Zucchini
- Broccoli
Choose whole grain options whenever possible. The benefits are huge!

Enjoy plenty of intact grains and pasta.

- Bread
- Pita bread
- Rolled oats
- Bulgur
- Couscous
- Pasta, any shape /size
- Polenta from whole cornmeal
- Rice – try brown, black, red
- Faro, spelt and other grains
Olive oil is the principal fat of the Mediterranean Diet.

Look for other healthy fats and oils, too, like these below.

Other healthy fats
- Avocados
- Olives
- Nuts
- Fish

Healthy oils
- Extra-virgin olive oil
- Canola oil
- Walnut oil
- Avocado oil
- Flax oil
- Grapeseed oil
Try as many varieties of beans, seeds and nuts as possible!

**Seeds**
- Sunflower
- Flax
- Chia

**Nuts**
- Almonds, Walnuts
- Pecans, Pine nuts
- Peanuts, Pistachios

**Beans**
- Hummus
- Green beans
- Canned & dried beans
  - Cannellini, Pinto
  - Chickpeas, Black
  - Lentils, Soybeans
Fresh, frozen, canned or dried – choose a variety of fruits every day, from the examples here or other favorites.

Tip: Choose whole fruit instead of juice!

- Apples
- Oranges
- Bananas
- Lemons
- Limes
- Blueberries
- Strawberries
- Raspberries
- Pomegranates
- Avocados
- Grapes
- Mangos
- Kiwis
- Cherries
- Peaches
Omega-3 oils in fish contribute to brain and heart health, among other benefits.

- Salmon
- Tuna
- Sardines
- Anchovies
- Oysters
- Clams
- Mussels
- Scallops
- Crabs
- Calamari
- Cod
- Swordfish
- Shrimp
- Tilapia
Dairy is enjoyed in the form of yogurt and cheese – fermented dairy products that contribute to good gut health.

- Yogurt
  - Greek
  - Plain
- Low-fat milk
- Choose any cheese! We’ve list just a few.
  - Feta
  - Mozzarella
  - Ricotta
  - Pecorino
  - Manchego
  - Asiago
  - Gorgonzola
  - Parmigiano-Reggiano
  - Provolone
Eggs & Poultry

Eggs are considered the “ideal protein” – and have a long history in the Mediterranean Diet.

- Eggs provide protein; vitamins A, D, and E; and minerals
- Poultry is a lean protein source.
Greater health benefits are linked to eating less of these “once-in-a-while” foods.

- **Sweets.** Save sweets for special occasions; enjoy fruit for dessert most days.
- **Red meat.** Eat in small amounts as a garnish to dishes. Choose lean protein sources such as beans, seafood, eggs and poultry instead.
Make water your normal go-to drink at most meals and throughout the day.

- An overall healthy diet provides added fluids from the fruits and vegetables you eat.
- Tea, herbal tea, and coffee (in moderate amounts) can also be good beverage choices.
- Add a squeeze of fruit juice to your water for extra flavor.
Studies show health benefits from moderate wine consumption, for those who drink.

- Up to 1 glass a day for women (5 oz. total)
- Up to 2 glasses a day for men (10 oz. total)

- 100% grape juice offers some of the same benefits for those who don’t drink.
Herbs and Spices

**Benefits:**
- Fight inflammation
- Reduce pain
- Improve blood sugar control
- Help support memory & cognitive function
- Let’s you be creative and adventurous with your cooking!

**Common herbs & spices:**
- basil
- bay leaf
- black pepper
- cloves
- coriander
- cumin
- dill
- fennel
- garlic
- lavender
- marjoram
- mint
- oregano
- parsley
- paprika
- rosemary
- saffron
- sage
- savory
- sumac
- tarragon
- thyme
- turmeric
Making the Move to the Mediterranean Diet

- Clean out your pantry; throw away highly processed foods.
- Reduce red meat; replace with fish and poultry.
- Try fruit instead of sweets for dessert.

- Slowly add more fruits and vegetables into every meal.
- Use olive oil, herbs, and spices for flavor instead of salt and butter.
- Drink water for lunch instead of soda.

- Start eating plant-based foods 80% of the time.
- Grab a handful of nuts or fruit for a snack.

- Limit your dairy to low-fat milk, yogurt, and cheese.
- Prefer brown rice and whole-grain bread.
Simple Swaps

If you like:
- Mayo on your sandwich
- Butter on your toast
- Meat in pasta sauce
- Chocolate cake
- A bagel with jam

Then Try:
- Hummus
- Olive oil or nut butter
- More vegetables!
- Baked apple/pear & Greek yogurt
- Oatmeal with berries
What is your next step?

- **Learn more about the Mediterranean Lifestyle**
  - Plenty of resources and recipes online

- **Increase your intake of fruits and veggies**
  - Try “3 by 3”-3 servings of fruits/veggies by 3pm

- **Increase your physical activity**
  - Start with adding in a 10 minute walk daily

- **Get more social**
  - Campus groups/clubs, online “meet ups”

- **Be held accountable**
  - Email/Call us for more support!
  - UC Irvine Health Weight Management Program- [www.weight.uci.edu](http://www.weight.uci.edu) 949-824-5288
THANK YOU FOR YOUR TIME!