

Summary

- ❖ Eat your fruits and veggies
- ❖ Switch to whole grains
- ❖ Eat nuts!
- ❖ Use spices, herbs, and olive oil, rather than salt and butter
- ❖ Moderate meat, eat fish and poultry instead
- ❖ Use low fat dairy
- ❖ Celebrate your new lifestyle and drink a glass of red wine at dinner
- ❖ Enjoy meals with family and friends!



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Mediterranean Diet: A heart healthy option



Benefits

- ❖ The Mediterranean diet incorporates the basics of healthy eating, but makes it more enjoyable than most diets by adding some olive oil, spices, and wine.
- ❖ Studies show that the over 1.5 million adults who followed this diet had a reduced risk of cardiovascular mortality and disease, and a reduced incidence of cancer, Parkinson's, and Alzheimer's.



Emphases

- ❖ Plenty of exercise.
- ❖ Eat primarily plant based foods: fruits, veggies, whole grains, legumes, and nuts.
- ❖ Replace butter with healthier substitutes like olive oil and canola oil.
- ❖ Use herbs and spices, not salts.
- ❖ Limit red meat intake to only a couple times a month. Eat fish and poultry at least twice a week.
- ❖ Drink red wine in moderation
- ❖ Enjoy meals with family and friends!!

- ❖ Fruits, Veggies, Nuts, and Grains:
 - Eating a lot of fruits and veggies helps lower the bad LDL cholesterol that clog arteries.
 - Nuts are tricky; they are high in fat and often candied or honey-roaster, so only eat a handful a day and make sure they are plain or only dipped in olive oil.
 - Whole grain and rice have very few trans fats and should only be eaten plain or dipped in olive oil, NOT with butter.
- ❖ The goal of the Mediterranean diet is not to limit total fat consumption, but instead, to make good choices in the types of fat you eat.
 - Encourages monounsaturated fats through olive oil, which also reduces LDL cholesterol, and omega-3 fatty acids through fish, which improves overall health
- ❖ Wine in moderation has been associated with reduced risk of heart disease.
- ❖ For more information please go to:
 - Mayo Clinic: <http://www.mayoclinic.com/health/mediterranean-diet/CL00011>
 - European Food Information Council: <http://www.eufic.org/article/en/page/FTARCHIVE/artid/mediterranean-diet/>