

# Putting the Mediterranean Diet into Action

The Mediterranean Diet incorporates a variety of whole, nutrient-rich foods that provide many nutrients important for heart health, decreasing inflammation, and managing weight.

**Here are some suggestions on how to implement this way of eating into your routine.**

## **Create a colorful plate.**

Brightly colored vegetables and fruits provide many of the benefits found in the Mediterranean Diet. Include these liberally on your plate.

## **Include plant-based proteins.**

Lentils and beans are fabulous sources of protein and fiber. Enjoy hummus made from chickpeas or a [lentil soup](#).

## **Prioritize healthy fats.**

Unsaturated fats from fresh salmon, nuts, and seeds provide nutrients that can support the body's ability to manage inflammation. In addition, these foods are also a good protein source. Olive oil is a main staple in the Mediterranean Diet. Use this to prepare salad dressings, marinades, and to cook with.

## **Go for the whole grain.**

Whole grains such as quinoa and brown rice provide more nutrients, fiber, and protein compared to simple and refined grains. These can also be prepared easily in a large batch and added to meals throughout the week such as a salad for lunch to bring to work or a way to round out a dinner.

## **Make the Flavor Pop.**

Use fresh herbs, garlic, lemon juice, salt, and pepper for flavor. It is amazing what these simple and nutrient-rich ingredients can do to bring a dish together. Try this [Mediterranean Herb Salad](#) to see what fresh herbs can do!

# Eat more of...

## Vegetables

(choose 3-5 per day)

- Arugula
- Kale
- Radicchio
- Romaine lettuce
- Red peppers
- Carrots
- Cabbage

## Grains

- Brown rice
- Quinoa
- Millet
- Amaranth
- Bulgur
- Freekeh
- Farro
- Whole wheat pasta, bread, crackers

## Protein

(aim to eat seafood at least twice per week and include a protein source with all meals and snacks)

### Animal

- Wild caught salmon, tuna, trout, mackerel, herring
- Canned tuna, salmon, sardines, anchovies
- Chicken
- Eggs
- Turkey

### Plant

- Nuts/Nut butter (almonds, walnuts, pistachios, peanuts, pecans)
- Beans (black, kidney, garbanzo)
- Lentils
- Tempeh
- Tofu

## Healthy Fats

(in addition to fish and nuts add the following as a condiment to meals or as a part of the preparation)

- Olives and olive oil
- Avocado and avocado oil
- Nut oils (almond, walnut)
- Chia seeds
- Hemp seeds and oil
- Flax seeds and oil

## Dairy

(if tolerable aim for 2-3 servings per day)

- Low fat plain Greek or regular yogurt
- Cheese (small amounts)
- Low fat cottage cheese

# Eat less of...

- Refined carbohydrates (white flour, sugar, juice)
- Saturated fat (butter, full fat dairy)
- Fried foods
- Red meat

# Recipes

## Breakfast

Basil Lemon and White Bean Toasts with Tomato

Savory Mediterranean Oats

Very Berry Pistachio Crunch Smoothie Bowl

## Lunch (add a grilled chicken breast if you prefer a lean animal protein option)

Barley Minestrone

Springtime Millet Bowl with Crunchy Spicy Seeds

Green Goddess Summer Salad

## Dinner

Lemon Herb Salmon Burgers

Chicken and Radicchio Salad with Pickled Raisins and Walnuts

Roasted Pumpkin and Lentil Soup

## Snacks

Hope Hummus and [Mary's Gone Crackers](#)

Oatmeal Raisin Energy Bites

Peanut Butter and Banana Greek Yogurt Bowl