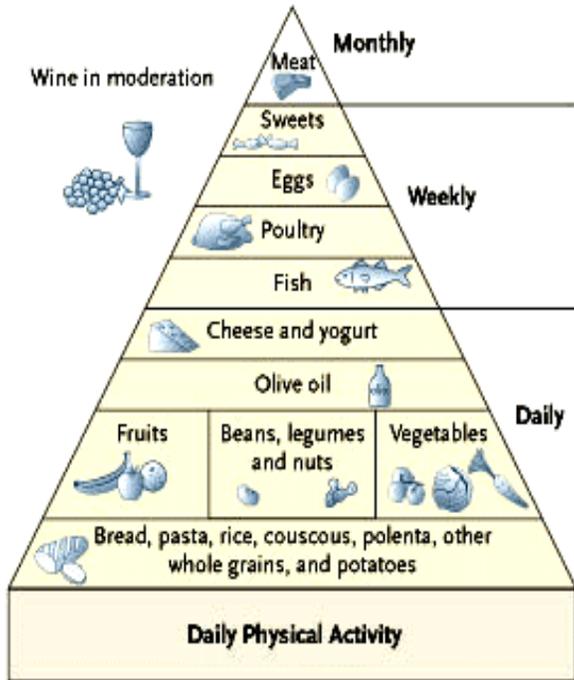


Mediterranean Diet Food Guide



People who live in the area around the Mediterranean Sea have traditionally had low risk of heart disease. Research studies show that when people in other parts of the world eat a diet similar to that eaten in Mediterranean countries, they reduce their risk of heart disease. The Mediterranean diet contains an abundance of fruit, vegetables, and vegetarian proteins, moderate amounts of whole grains, and small amounts of red meat. Regular use of fish, olive oil, and nuts makes this diet higher in fat than the typical heart healthy diet, but the fat is mostly unsaturated, which can be beneficial for the heart. A Mediterranean diet can be especially helpful for people who have high triglyceride and low HDL cholesterol levels. The pyramid to the left and the chart below describes types and amounts of foods included in a heart healthy Mediterranean diet.

Hu, F. *New England Journal of Medicine*, 2003; 348:2595

Adequate exercise is very important. Start with a base of 30-60 minutes of exercise 5 times a week. Moderate exercise like walking, biking, or swimming is recommended.

Food Groups and Number of servings	Serving sizes, examples, and notes			
Whole grains 4-6 per day	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <i>1 slice whole wheat bread</i> <i>½ large whole grain bun</i> <i>6-inch whole wheat pita</i> <i>½ cup cooked whole grain cereals (oatmeal, cracked wheat)</i> <i>½ cup cooked whole wheat pasta, brown rice, or barley</i> </td> <td style="width: 50%; vertical-align: top;"> <i>½ cup potatoes, corn, peas or winter squash</i> <i>1 small whole grain roll</i> <i>6 whole grain crackers</i> </td> </tr> </table> <p>Whole grains are high in fiber and have less effect on blood sugar and triglyceride levels than refined, processed grains like white bread and pasta. Whole grains also keep the stomach full longer, making it easier to lose weight.</p>	<i>1 slice whole wheat bread</i> <i>½ large whole grain bun</i> <i>6-inch whole wheat pita</i> <i>½ cup cooked whole grain cereals (oatmeal, cracked wheat)</i> <i>½ cup cooked whole wheat pasta, brown rice, or barley</i>	<i>½ cup potatoes, corn, peas or winter squash</i> <i>1 small whole grain roll</i> <i>6 whole grain crackers</i>	
<i>1 slice whole wheat bread</i> <i>½ large whole grain bun</i> <i>6-inch whole wheat pita</i> <i>½ cup cooked whole grain cereals (oatmeal, cracked wheat)</i> <i>½ cup cooked whole wheat pasta, brown rice, or barley</i>	<i>½ cup potatoes, corn, peas or winter squash</i> <i>1 small whole grain roll</i> <i>6 whole grain crackers</i>			
Non-starchy vegetables 4-8 per day	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <i>½ cup of cooked vegetables</i> </td> <td style="width: 50%; vertical-align: top;"> <i>1 cup of raw vegetables</i> </td> </tr> </table> <p>Non-starchy vegetables include broccoli, cauliflower, cabbage, celery, carrots, tomatoes, eggplant, cucumbers, green beans, asparagus, zucchini, peppers, salad greens and mushrooms.</p>	<i>½ cup of cooked vegetables</i>	<i>1 cup of raw vegetables</i>	
<i>½ cup of cooked vegetables</i>	<i>1 cup of raw vegetables</i>			
Fruit 2-4 per day	<table border="0" style="width: 100%;"> <tr> <td style="width: 33%; vertical-align: top;"> <i>One small fresh fruit</i> </td> <td style="width: 33%; vertical-align: top;"> <i>½ cup juice</i> </td> <td style="width: 33%; vertical-align: top;"> <i>¼ cup dried fruit</i> </td> </tr> </table> <p>Whole fruits are preferred because of the fiber they contain, but fruits canned in light syrup or their own juice, and frozen fruit with little or no added sugar are also good choices. Be careful with amounts of fruit juice since they contain as much sugar as regular soda – aim for 8 oz per day or less.</p>	<i>One small fresh fruit</i>	<i>½ cup juice</i>	<i>¼ cup dried fruit</i>
<i>One small fresh fruit</i>	<i>½ cup juice</i>	<i>¼ cup dried fruit</i>		

