



The Mediterranean Diet

IT'S A LIFESTYLE

- Enjoy meals with family and friends
- Choose homemade, whole foods most often
- Limit processed foods

HEALTH BENEFITS

- Lowers risk of cardiovascular disease, diabetes and certain cancers
- Improves blood sugar, blood pressure and cholesterol
- Positive impact on mental health and reduces risk of cognitive decline and Alzheimer's



INCLUDE MORE FRUITS & VEGETABLES

- Include a variety of colourful vegetables and fruits on a daily basis
- Aim for a half plate of vegetables at lunch and supper each day

CHOOSE HEALTHY FATS

- Choose unsaturated (healthy) fats more often
- Use olive oil as your main fat source- include it in cooking, baking, salad dressings and marinades
- Use butter, coconut oil and other saturated fats less often
- Include fish 2 or more times per week, especially fatty fish like salmon, trout, sardines and herring
- Include a small handful of unsalted nuts or a serving of natural nut butter each day
- Avoid processed meats like sausages, deli meats and bacon; limit red meat to 1-2 times per month



FOCUS ON FIBRE

- Aim for high fibre foods like vegetables, fruit, whole grains, nuts, seeds and legumes
- Choose whole grains like large flake oats or steel cut oats, barley, brown rice, quinoa
- Use legumes (beans/lentils/chickpeas) more often as meat alternatives



BE PHYSICALLY ACTIVE EACH DAY

- Aim for 150 minutes of moderate to vigorous aerobic physical activity each week. Examples: walking, jogging, cycling, swimming, skipping
- Include resistance activities at least 2 times per week. Examples: weight lifting, body weight activities etc.



Have questions or want tailored nutrition recommendations?
Contact your Primary Care Registered Dietitian

For more Mediterranean Diet resources and recipes:
<https://primarycaredietitianassociation.org/resources/public-resources/>

