

The Medi for All Diet Pattern and Lifestyle

A Mediterranean diet pattern is preventive for multiple health conditions including diverticulitis and consists mostly of whole and unprocessed foods such as whole grains and starches, vegetables, fruits, legumes, nuts, seeds, fish and olive oil with smaller portions of meat, butter, cream, and sweets. Although recommended foods typically originate from the Mediterranean, this style of eating can be applied to any culture and its traditional foods. It can also be eaten on any budget.

While food is the foundation of the Mediterranean diet, other lifestyle factors appear to be equally important for overall health such as daily exercise, time with friends and family, and getting plenty of sleep.

Getting started with the Mediterranean Diet

Please visit our study website <https://www.medidietforall.org/> for recipes, meal plans and tips and resources for getting started. The Oldways Foundation also contains information about healthy, multicultural food traditions <https://oldwayspt.org>

Simple Guidelines to follow:

- **Eat an abundance of vegetables:** Cooked or raw, aim for a variety of colors and preparations and have at least 2 servings daily.
- **Change your meat mindset:** Limit meat consumption to smaller portions (less than 3 oz. - about the size of a deck of cards). Have fish and seafood at least 3 times per week and limit red meat to once per week or less. Sub meat for beans and lentils at least 3 times a week.
- **Eat healthy fats:** Include at least 4 tablespoons extra-virgin olive oil in your daily diet as well as 3 weekly servings of nuts, and seeds. Avocados, olives and fish are also great choices for healthy fat. Limit intake of butter and cream to less than 1 serving daily.
- **Switch to whole grains and starches:** Whole grains and root vegetables provide fiber as well as many vitamins and minerals. Look for 100% whole grain on food labels.
- **Have fruit for snacks and dessert:** Eating a variety of fruits provides vital nutrients and fiber. Aim for at least 3 servings daily. Limit intake of sweets, pastries and candy to less than 2 servings each week and sugar sweetened beverages (soda, sweet tea, energy drinks) to less than 1 per week.
- **Drink red wine in moderation:** A daily 4 ounce (1/2 cup) serving of red wine (7 per week) is an enjoyable but optional part of the Mediterranean diet pattern.

Foods to eat on the Mediterranean Diet (not a complete list)

<p>Healthy Fats: Nuts: almonds, walnuts, pecans, cashews, peanuts, pine nuts, hazelnuts, cashews Seeds: hemp, sesame, sunflower, pumpkin, chia, flax Olives, avocado and their oils</p>	<p>Vegetables: Bell peppers Carrots Leafy greens Broccoli Green beans Brussels sprouts Celery Asparagus Cauliflower Cucumbers Leeks and onions Mushrooms Eggplant</p>	<p>Grains, Starches and Legumes: Whole wheat Brown rice, wild rice amaranth, quinoa millet, barley, sorghum buckwheat, oats Whole-grain pasta, New potatoes, parsnip, sweet potato, yam Kidney beans, lentils, fava beans, garbanzo beans, black beans, white beans, split peas</p>	<p>Fruits: Blueberries Strawberries Raspberries Grapes Apples Peaches Melons Cherries Pomegranates Apricots Oranges Grapefruit Lemon</p>	<p>Herbs & Spices: Ginger Garlic Turmeric Fennel Rosemary Sage Cinnamon Mint Chili pepper Parsley Cilantro Saffron</p>	<p>Animal Proteins Fish and Seafood: salmon, cod, tuna, sardines, trout, tilapia, shrimp, crab Poultry, eggs and dairy yogurt, kefir cheese and milk Lean meats: pork tenderloin, lean beef (sirloin), game meats</p>
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