

Module 3, Lesson 4 Tool: **The Mediterranean Diet**

You've heard of the Mediterranean diet before as a heart healthy diet based on the traditional cuisine of countries in the Mediterranean, like Italy and Greece. The Mediterranean diet focuses on healthy fats like omega-3s, and limited intake of processed and high sugar foods. Research shows that this diet not only helps with chronic conditions like heart disease and high blood pressure, but also helps slow changes in the brain and reduce the risk of developing Alzheimer's disease.

While there's no one way to follow a Mediterranean diet, the main components of this diet are vegetables, fruits, whole grains, healthy fats (think fish, nuts and olive oil), poultry, beans and eggs. This diet encourages moderate consumption of dairy products like cheese, while limiting consumption of red meats. There are also non food related aspects to the Mediterranean diet that fit into living a Nutritious Life - having meals with family and friends to Nurture Yourself and Love More, being active to Sweat Often and enjoying an occasional glass of wine to Drink Up.

Below are some specific foods to help guide you in eating a more Mediterranean, heart healthy diet, but is certainly not an exhaustive list:

Vegetables

- Tomatoes, broccoli, kale, spinach, brussels sprouts, cauliflower, onions, turnips, sweet potatoes, potatoes, yams

Fruit

- Dates, figs, strawberries, peaches, bananas, apples, pears, oranges, grapes

Nuts & Seeds & Oils

- Walnuts, brazil nuts, macadamia nuts, sunflower seeds, almonds, cashews, olive oil

Whole Grains

- Whole wheat bread, whole wheat pasta, brown rice, rye, buckwheat, whole oats

Seafood

- Salmon, oysters, clams, mussels, trout, tuna, mackerel, sardines, crab, shrimp

Poultry

- Chicken, turkey, duck

Legumes

- Beans, peas, lentils, chickpeas