

The Mediterranean Diet

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The Mediterranean diet is an eating pattern based upon the foods grown around the Mediterranean Sea.

Common Foods Included in the Mediterranean Diet

- **Vegetables:**
artichokes, arugula, beets, broccoli, Brussels sprouts, cabbage, carrots, celery, celeriac, chicory, collard greens, cucumbers, dandelion greens, eggplant, fennel, kale, leeks, lettuce, mache, mushrooms, mustard greens, nettles, okra, onions (red, sweet, white), peas, peppers, potatoes, pumpkin, purslane, radishes, rutabaga, scallions, shallots, spinach, sweet potatoes, turnips, zucchini
- **Fruits (no fruit juice):**
apples, apricots, avocados, cherries, clementines, dates, figs, grapefruit, grapes, melons, nectarines, olives, oranges, peaches, pears, pomegranates, strawberries, tangerines, tomatoes
- **Grains (mostly whole grains):**
wheat, oats, rice, rye, barley, corn
- **Olives and olive oil**
- **Nuts, beans, legumes and seeds:**
almonds, cannellini beans, chickpeas, cashews, fava beans, green beans, hazelnuts, kidney beans, lentils, pine nuts, pistachios, sesame seeds, split peas, tahini sauce, walnuts

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The Mediterranean Diet qaab cunto cunis oo ku dhisan cuntooyinka ka baxa Badwaynta Mediterranean-ka.

Cuntooyinka ugu badan ee ku jira Mediterranean Diet

- **Khudaarta:**
artichokes, arugula, beets, broccoli, Brussels sprouts, Kaabaj, Kaarood, Salar, celeriac, chicory, kabsar caleen, qanjaar, dandelion greens, eggplant, fennel, kale, leeks, lettuce, mache, mushrooms, mustard greens, nettles, okra, basal (casaan, macaan, cadaan), salmuko, beerbar, baradho, pumpkin, purslane, radishes, rutabaga, scallions, shallots, koosto, baradhada macaan, turnips, zucchini
- **Miraha (maaha casiirka miraha):**
tufaax, apricots, afakaadho, jeeriga, clementines, timir, figs, miraha cinabka, cinabka, qaraha, malableeyda, saytuunka, oranjiga, tiinka, pears, pomegranates, istaroor beeriga, tangerines, yaanyada
- **Raashinka (inta badan raashinka guud):**
qamadiga, boorashka, bariiska, rye, galeeyda, sabuulka
- **Saytuunka iyo saliid saytuunka**
- **Miraha qalalan, digirta, misirta iyo miraha:**
almonds, digirta cannellini, salmukada, cashews, digirta fava, digirta cagaaran, hazelnuts, digir beerka, misirta, miraha pine, pistachios, miraha sisinta, digir falfaliir split, maraqa tahini, walnuts

(over)

- **Herbs and spices:**
anise, basil, bay leaf, chiles, cloves, cumin, fennel, garlic, lavender, marjoram, mint, oregano, parsley, pepper, pul biber, rosemary, sage, savory, sumac, tarragon, thyme, za'atar
- **Cheese and yogurt:**
brie, chevre, corvo, feta, haloumi, manchego, Parmigiano-Reggiano, pecorino, ricotta, yogurt (including Greek yogurt)
- **Fish and shellfish:**
abalone, clams, cockles, crab, eel, flounder, lobster mackerel, mussels, octopus, oysters, salmon, sardines, sea bass, shrimp, squid, tilapia, tuna, whelk, yellowtail
- **Eggs:**
chicken, duck and quail eggs
- **Meat:**
beef, chicken, duck, goat, guinea fowl, lamb, mutton, pork
- **Water**
- **Wine (in moderation)**

How to Follow the Mediterranean Diet

1. Eat mostly plants.

Try to eat an even amount of vegetables and fruits each day — they're packed with nutrition. Eat them steamed, raw, roasted or grilled.

2. Use herbs and spices to season your foods.

Herbs and spices add flavor to your foods without adding many (if any) calories. Try an Italian herb blend on chicken or a sprinkle of cinnamon on yogurt.

3. Choose whole grains and legumes.

Look for "100% whole grain" in the ingredients list and avoid any products containing "enriched flour." Whole grains and legumes are packed with minerals, vitamins and fiber.

- **Daawo dhaqameedka iyo daawo dhireedka:**
anise, basil, bay leaf, chiles, cloves, cumin, fennel, toonta, lavender, marjoram, mint, oregano, parsley, pepper, pul biber, rosemary, sage, savory, sumac, tarragon, thyme, za'atar
- **Jiiska iyo Yooqadka:**
brie, chevre, corvo, feta, haloumi, manchego, Parmigiano-Reggiano, pecorino, ricotta, yooqadka (oo ay ku jirto yooqadka Greek)
- **Kaluunka iyo Shellfish-ka:**
abalone, clams, cockles, crab, eel, flounder, lobster mackerel, mussels, octopus, oysters, salmon, sardines, sea bass, shrimp, squid, tilapia, tuna, whelk, yellowtail
- **Ukunta:**
ukunta digaaga, iyo qooleeyda quail
- **Hilibka:**
lo'da, digaaga, qooleeyda, ariga, guinea fowl, dhaylada, waslad, hilibka doofaarka
- **Biyo**
- **Cabitaan qasan (la isku daray)**

Sida loo raaco Mediterranean Diet

1. Inta badan cun cuntada beeraha.

Iskuday inaad cunto cadad isle'eg oo khudaar iyo miro ah maalin kasta — waxaa ka buuxa nafaqooyin. Cun ayagoo lagu kariyay qiiq, ceeriin ah, la dubay ama la solay.

2. Adeegso daawo dhaqameedka iyo daawo dhireedka oo aad ku darayso macmacaankaaga.

Daawo dhaqameedka iyo daawo dhireedka ayaa macaynaaya cuntadaada adigga oo aan ku darin koloriyo badan (hadday jireen). Iskuday daawo dhameedka Talyaaniga oo aad ku darayso doorada ama far iyo suul qorfe ah oo aad ku darayso yooqadka.

3. Xulo haruurka guud iyo misirta.

Ka fiiri "100% whole grain (haruurka guud)" qaybta liiska maadooyinka cuntada iskana ilaali cuntooyinka ay ku jiraan "enriched flour (burka la xoojiyay)." Miro dhan iyo misirta waxaa ka buuxa macaadin, feetamiino iyo fibar badn.

4. Skip low-nutrient foods.

Heavily processed foods such as chips, candy and ice cream add a lot of calories without providing much nutrition. Avoid these foods as much as possible.

5. Choose healthful fats.

Good sources of healthful fats include olive oil, nuts and fatty fish (salmon, tuna, halibut, herring, sardines). Avoid products that list “hydrogenated oils” (trans fats) in the ingredients list.

6. Choose lean proteins.

Good sources of lean protein include skinless chicken and turkey, eggs, and lean beef and pork (loins or chuck). Include fish in 2 to 3 of your meals each week. Limit beef to less than 3 ounces each week.

7. Chew each bite thoroughly.

Eat slowly and savor your food. It takes time for your brain to realize your stomach is full. Try doing the following to slow down your pace:

- Don't multitask. Set the table, turn off the TV and focus on your food.
- Use smaller utensils. This will force you to take smaller bites.
- Put your utensils down between bites.
- Pay attention to the different tastes and textures of your food as you chew.

8. Drink plenty of water.

If you feel thirsty, you're already dehydrated. Keep a refillable water bottle with you throughout the day to make sure you're drinking enough. You're well hydrated when your urine is pale yellow to clear in color.

4. Ka bood cuntooyinka ay nafaqadu ku yar tahay.

Cuntooyinka aadka loo warshadeeyay sida jimsiga, nacnaca iyo jalaatada ayaa ku kordhinaaya koloriyo badan jirka ayagoo aan siinin nafaqo fiican. Iska ilaalin cuntooyinka inta aad kari karto.

5. Adeegso dufanka caafimaadka leh.

Ilaha wanaagsan ee dufanka caafimaadka waxaa ku jira saliid saytuunka, miraha qalalan iyo baruurta kaluunka (salmon, tuna, halibut, herring, sardines). Iska ilaali cuntooyinka ay ku qoran tahay “hydrogenated oils (saliida la shiilay)” (trans fats) oo kamid ah maadooyinkeeda.

6. Dooro barootiinka ceeriin.

Ilaha wanaagsan ee barootiinka ceeriin waxaa kamid ah doorada aan maqaarka lahayn iyo digirinka, ukunta, iyo hilib lo'aadka jirka ah iyo hilibka doofaarka (loins ama chuck). Kudar kaluun 2 ilaa 3 kamid ah cuntooyinkaaga asbuuc kasta. Kusoo koob hilibka lo'da wax kayar 3 wiiqiyadood asbuuc kasta.

7. Si adag u raami laqmo kasta.

Tartiib u cun oo dhadhanso cuntadaada. Waxay qaadanaysaa waqti in maskaxdaadu ay xaqiiqsato inay dharagtay. Iskuday waxyaabaha soo socda si aad u tartiibiyo xawaaraha cunto cunista:

- Ha qaban shaqooyin kale. Miis diyaarsho, dami TV ga oo diirada saar cuntadaada.
- Adeegso weelal yaryar. Tani waxay kugu qasbaysaa inaad cunto cadad yar.
- Dhig weelashadaada inta u dhaxaysa laqmooyinka.
- Fiiro u yeelo farqiga u dhexeeya dhaqdhanka iyo taabashada cuntadaada inta aad raaminayso.

8. Cab biyo badan.

Haddii aad dareento oon, mar hore ayaad oontay. Is ag-dhig dhalada biyaha oo la isku halayn karo maalinta oo dhan si aad u xaqiijiso inaad biyo badan cabto. Waxaad cabtay biyo kugu filan marka kaadidaadu ay tahay jaalle hoose ilaa midab la'aan.

9. Drink alcohol in moderation.

Women may drink up to one 5-ounce glass of wine each day. Men may drink up to two 5-ounces glasses of wine each day.

Sample 1-day Meal Plan

This is only a sample meal plan. Talk with your primary care provider or dietitian for more specific recommendations.

■ Breakfast:

- Yogurt parfait: 1 cup fat-free vanilla Greek yogurt with blueberries or strawberries
- 1 cup water, coffee or unsweetened green tea

■ Midmorning snack:

- 1 piece whole fruit such as an apple or orange

■ Lunch:

- Salad: spinach, kale, colorful vegetables, 3 ounces grilled chicken, 1 tablespoon balsamic vinaigrette, and 1 tablespoon walnuts **or** feta cheese
- 1 slice of 100% whole-grain bread

■ Afternoon snack:

- 2 ounces almonds

■ Dinner:

- 4 ounces grilled wild-caught salmon
- ¼ cup whole-wheat couscous or quinoa
- 2 cups roasted broccoli and carrots drizzled with 1 tablespoon olive oil
- 1 cup fresh fruit

9. Iska yaree khamriga.

Haweenku waxay cabi karaan ilaa 5 firigo oo khamri ah maalintii. Raggu waxay cabi karaan ilaa 5 firigo oo khamri ah maalintii.

Sanbalka Qorshaha Cuntada Maalinta 1

Kani waa keliya qorshe cunto oo tusaale ah. La hadal dhakhtarkaaga ama khabiirka cuntada si aad u hesho talooyin qaas ah.

■ Quraacda:

- Cuntada yooqadka: 1 koob oo yooqadka Greek-ga vanilla oo aan dufan lahayn oo lagu daray buluu beeri ama istaroom beeri
- 1 koob oo biyo ah, qaxwo ama shaaxa caleenta cagaaran oo aan la macayn ah

■ Cuntada fudud ee barqadii:

- 1 xabo oo miraha guud ah sida tufaax ama oranji

■ Qadada:

- Saladh: goosto, kale, khudar midabo badan, 3 firigo oo digaag solan ah, 1 qaado oo balsamic vinaigrette ah, iyo qaado oo walnuts ah ama jiiska feta
- 1 jeex oo roodhiga haruurka guud ah oo 100%

■ Cuntada fudud ee galabkii:

- 2 firigo oo almonds ah

■ Cashada:

- 4 firigo oo salmon la solay ah
- ¼ koob oo haruurka guud ah couscous ama quinoa
- 2 koob oo arakooli la dubay ah iyo kaarood lagu daray 1 qaado oo saliid saytuun ah
- 1 koob oo miro cusub ah

This sample meal plan provides: 1,500 calories, 56 grams fat (mostly heart healthy), 153 grams carbohydrate, 29 grams fiber, 98 grams protein, 120 milligrams (mg) cholesterol, 700 mg calcium and 2,300 mg sodium.

**Information adapted from
Oldways Preservation Trust.**

Qorshahaan cuntad ee tusaalaha ah wuxuu ku siinayaa: 1,500 calories, 56 garaam oo dufan ah (inta badan u roon wadnaha), 153 garaab oo kaarboo-haydareed ah, 29 garaam oo fibar ah, 98 garaab oo barootiin ah, 120 milligrams (mg) oo kalastarool ah, 700 mg kaalshiyaam ah iyo 2,300 mg oo soodhiyaam ah.

**Xogta waxaa lagasoo xigtay
Oldways Preservation Trust.**