

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**

Kev Noj Mov Mediterranean

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Kev noj mov Mediterranean yog ib txoj kev noj cov mov uas loj hlob tuaj ncig Cov Dej Hiav Txwv Mediterranean.

Cov mov uas muaj nyob rau hauv txoj Kev Noj Mov Mediterranean

- **Cov Zaub:**
zaub artichoke, arugula, zaub liab, zaub paj ntsuab, zaub pob ntsuab, zaub qhwv, zaub ntug hauv paus, txheej txhaim, celeriac, chicory, zaub ntsuab, dib, cov paj nroj dandelion, zaub eggplant, fennel, ale, leeks, zaub xam lav, mache, nceb, zaub ntsuab mustard, nettles, okra, dos (liab, qab zib, dawb), taum mog, kua txog, qos, taub, purslane, zaub ntug hauv paus liab, rutabaga, zaub txhwb qaib, zaub ntsuab, qos qab zib, qos turnip, taub zucchini
- **Txiv hmab txiv ntoo (tsis yog kua txiv):**
txiv av paum, apricot, avocado, txiv cherry, txiv kab ntxwv, txiv date, figs, txiv kab ntxwv qaub, txiv hmab txiv ntoo, lub dib, txiv duaj qab zib, txiv roj, txiv kab ntxwv loj dua, txiv duaj, txiv pear, pomegranate, txiv pos nphuab, txiv kab ntxwv, txiv lws suav
- **Nplej (feem ntau yog nplej tag nrho):**
nplej wheat, oats, txhuv, nplej rye, barley, pob kws
- **Txiv roj thiab kua txiv roj**

- **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
- **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.

- **Cov ntseej, taum, taum legumes thiab cov noob:**
txiv ntoo almond, taum cannellini, chickpeas, txiv ntoo cashew, taum fava, taum ntsuab, txiv ntseej hazelnut, taum dawb, lentil, txiv ntoo pine nut, txiv ntoo pistachio, cov noob sesame, taum mog phua, kua tahini, cov txiv ntoo walnut
- **Cov txuj lom:**
anise, basil, nplooj bay leaf, kua txob, cloves, cumin, fennel, qij, lavender, marjoram, txuj lom hob, oregano, parsley, hwj txob, pul biber, rosemary, sage, savory, sumac, tarragon, thyme, za'atar
- **Tshij thiab yaus kawj:**
tshij brie, chevre, corvo, feta, haloumi, manchego, Parmigiano-Reggiano, pecorino, ricotta, yaus kawj (kuj suav hom yaus kawj Klis)
- **Ntses thiab roob ris:**
ntses abalone, piag dej, cockles, roob ris, ntses nab, ntses flounder, ntses cw, piag dej mussel, ntses muaj yim txhais tes, piag dej oyster, ntses salmon, ntses me sardine, ntses bass, cw, ntses squid, tilapia, tuna, whelk, ntses muaj tw daj
- **Cov qe:**
qaib, os, thiab noog quail
- **Nqaij:**
nqaij nyuj, qaib, os, tshis, noog loj, me nyuam yaj, yaj, npua
- **Dej**
- **Kua txiv hmab (tsis haus ntau dhau)**

Yuav Raws Kev Noj Mov Mediterranean Li Cas

1. Noj zaub ntau nplua mias.

Siv zog noj zaub thiab txiv hmab txiv ntoo tib yam nkaus txhua hnuv — cov no pab yug lub cev ntau heev. Muab cov no haus, noj nyoos, muab rhaub los muab ci xwb.

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.

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.

2. Siv cov txuj lom kom pab koj cov zaub mov haj yam qab.

Cov txuj lwm pab kom zaub mov qab tuaj es kuj tsis ntxiv rog rau koj cov zaub mov. Muab hom txuj lom Italian pleev rau ib thooj nqaij qaib los yog muab txuj lom cinnamon xyaw nrog yaus kawj.

3. Xaiv kom noj nplej uas nplej tag nrho thiab cov taum.

Nrhiav pob mov uas hais tias “100% whole grain” nyob rau ntawm daim ntawv teev npe thiab txhob noj cov khoom mov uas muaj “enriched flour.” Cov nplej tag nrho thiab cov taum legume no muaj khoom yug cev ntau xws li mineral, vitamins, thiab fiber.

4. Txhob noj cov mov uas tsis muaj khoom yug cev ntau.

Cov zaub mov xws li khob noom, chips, thiab mis nyuj khov muaj calorie ntau tiam sis tsis muaj khoom yug cev ntau. Txhob noj cov mov no ntau npaum li ntau tau.

5. Xaiv cov mov uas muaj rog zoo.

Cov mov uas muaj rog zoo muaj xws li kua txiv roj, txiv ntseej thiab cov ntsees muaj nqaij rog (salmon, tuna, halibut, herring, sardines). Txhob noj cov mov uas muaj “hydrogenated oils” (trans fats) nyob rau hauv ntawv teev npe seb muaj dab tsi rau haud.

6. Xaiv cov nqaij uas tsis muaj nqaij rog ntau.

Cov nqaij uas tsis muaj nqaij rog ntau no muaj xws nqaij qaib thiab qaib ntxhw uas tsis muaj tawv nqaij, qe, thiab nqaij nyuj thiab npua (thooj loins los sis chuck). Noj ntsees 2 los 3 zaug txhua lub lim tiam. Txhob noj nqaij nyuj ntau dua 3 oos hauv ib lub lim tiam.

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.

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

7. Thaum ntsuas mov ces muab zom zoo zoo.

Maj mam noj mov thiab saj txhua qhov noj. Siv sij hawm ntev me ntsis rau koj lub paj hlwb to taub hais tias koj lub plab tsau lawm. Sim ua tej nram qab no kom thiaj noj mov qeeb zog:

- ❑ Txhob ua ntau yam tib txhij. Teeb lub rooj, tua lub TV thiab ua tib zoo noj mov.
- ❑ Siv diav thiab rawg uas me zog. Ua li no koj thiaj noj thooj mov me zog.
- ❑ Muab koj cov diav rawg tso ntawm lub rooj thaum tseem zom mov.
- ❑ Thaum tab tom zom mov, siv zog kom saj txhua qhov qab uas nyob hauv lub qhov ncauj.

8. Haus dej ntau.

Yog koj nqhis dej, ces koj twb nqhis dhau lawm. Tas ib hnuv yuav tau nqa ib lub hwj dej nrog koj mus kom koj thiaj haus dej ntau txaus. Thaum koj tso zis, cov zis yuav tau xim dawb los yog xim daj dawb.

9. Thaum haus dej caw es txhob haus ntau dhau.

Cov poj niam haus tau ib khob dej 5 oos kua txiv hmab hauv ib hnuv. Cov txiv neej haus tau ob khob dej 5 oos kua txiv hmab hauv ib hnuv.

Tus qauv rau cov puas mov noj hauv 1 hnuv

Nov tsuas yog ib tug yam ntxwv xwb. Nrog koj tus kws kho mob tham los yog ib tug kws pab noj qab haus huv tham kom thiaj xaiv puas mov uas phim koj.

■ Pluas Tshais:

- Yau kawj: 1 khob yau kawj Klis thiab muab txiv hmab xiav los txiv pos nphuab tso rau haud.
- 1 khob dej, khas fes, los sis this tsis ntxiv piam thaj

■ Khoom noj thaum nruab tag kis:

- 1 thooj txiv hmab txiv ntoo xws li txiv av paum los txiv kab ntxwv

■ **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

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.**

■ **Pluas Su:**

- Xav Lam: zaub spinach, kale, zaub muaj xim zoo nkauj, 3 oos nqaij qaib ci, 1 rab diav kua pleev rau xav lam, thiab 1 rab diav txiv ntseej walnut los sis tshij feta
- 1 daim nplem muaj 100% whole grain

■ **Khoom noj thaum nruab tav su:**

- 2 oos txiv ntseej almond

■ **Pluas Hmo:**

- 4 oos ntses ci salmon
- ¼ khob couscous los quinoa uas muaj nplej whole-wheat
- 2 khob zaub paj ntsuab ci thiab zaub ntug hauv paus thiab pleev 1 diav txiv roj rau saud
- 1 khob txiv hmas txiv ntoo nyoos

Tus qauv puas mov noj no muaj: 1,500 calorie, 56 gram rog (feem ntau yog hom zoo rau lub plawv), 153 gram carbohydrate, 29 gram fiber, 98 gram nqaij protein, 120 milligram (mg) roj cholesterol, 700 mg calcium thiab 2,300 mg ntsev.

**Cov ntaub ntawv no los ntawm
Oldways Preservation Trust.**