

## The Mediterranean Lifestyle

### Why a Mediterranean lifestyle?

- This lifestyle lowers the risk of heart disease.
- It is **not** a restrictive diet, but involves heart healthy foods and lifestyle habits.
- Encourages you to enjoy homemade, seasonal meals with family and friends.

### Components of a Mediterranean Lifestyle

- Fruits and vegetables at every meal
- Whole grains with fiber
- Nuts, beans, and/or lentils daily
- Olive oil (a heart healthy source of fat)
- Fish, shellfish, poultry, and eggs are main sources of protein
- Cheese, plain yogurt, and other low-fat dairy
- Fresh herbs and spices for seasoning
- Daily exercise
- Drink enough water daily (8+ cups or 64+ ounces)
- Optional alcohol in moderation (2 servings per day for men; 1 serving per day for women)
- Spending mealtime with family and friends

Mediterranean Eating Pattern	
Every meal	Fruits Vegetables Whole grains Olive oil (healthy fat)
Daily	Nuts and Seeds Beans and legumes Dairy products Herbs and spices
Weekly	Fish Poultry Eggs
Occasionally	Sweets Red meat Processed meat
Note: Traditional and cultural foods are an important part of a healthy lifestyle.	

### Physical Activity

Try to get 30 minutes of physical activity a day, 5 days a week. This can be done in short bursts throughout the day or all at once. Any movement is better than none!

### Examples

- Playing tag with children
- Dancing
- Walking with friends
- Swimming
- Chair exercises
- Lifting
- Free exercise videos
- Yoga
- Hiking with your dog
- Tai Chi
- Water aerobics
- Skating
- Hand cycling
- Rowing

## My Mediterranean Lifestyle Plan

Category	Food group	Foods I enjoy in this category:
Every meal	<b>Fruits</b> <i>2-4 servings/day</i>	
	<b>Vegetables</b> <i>4-8 servings/day</i>	
	<b>Whole grains</b> <i>4-6 servings/day</i>	
Daily	<b>Nuts, bean, legumes</b> <i>2-4 servings/day</i>	
	<b>Dairy products</b> <i>1-3 servings/day</i>	
	<b>Herbs and spices</b>	
Weekly	<b>Fish, poultry</b> <i>2-3 servings/week each</i>	
	<b>Eggs</b> <i>Ask health care provider</i>	
Occasionally	<b>Sweets</b> <b>Red and processed meat</b> <i>&lt;4 servings/month</i>	

My traditional and cultural food practices	
Physical activities I enjoy	