Health Facts for You

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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 lowfat 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

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 1/2024 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#410.

My Mediterranean Lifestyle Plan

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

My traditional and cultural food practices	
Physical activities I enjoy	