

# Mediterranean Diet Made Easy

Your Guide to Healthy Eating, Quickly and Easily

Studies show a Mediterranean diet is one of your best defenses against heart disease and other health problems. This easy guide, created by Erika Deshmukh, MS, RD, and Deb Lucus, M.S., R.D., CDE, with Sutter Medical Foundation, gives you simple building blocks for incorporating Mediterranean staples into your everyday life.

## A 3-day sample menu plan to fit your busy schedule:

### DAY 1

- Breakfast:** Oatmeal with fresh berries  
**Snack:** 6 oz Greek yogurt, strawberries and a handful of almonds  
**Lunch:** Turkey, avocado, tomato, skim-mozzarella and arugula sandwich on whole grain pita  
**Snack:** Carrots and broccolini with 2 Tbsp hummus  
**Dinner:** Grilled salmon with fresh herbs, sautéed spinach in light olive oil and tabbouleh salad (bulgur wheat, parsley salad)  
**Snack:** Watermelon cubes

### DAY 2

- Breakfast:** Greek yogurt with fresh berries (tsp of sweetener optional)  
**Snack:** Apple, persimmon or melon cubes  
**Lunch:** White fish grilled with rosemary and olive oil with quinoa and baked kale  
**Snack:** Handful cashews and ¼ cup grapes  
**Dinner:** Chicken kabobs and sautéed spinach with side salad in balsamic vinaigrette  
**Snack:** Strawberries with light cream and balsamic

### DAY 3

- Breakfast:** Whole grain toast, 1 oz turkey, ¼ avocado  
**Snack:** 1 medium orange or apple  
**Lunch:** Pasta with marinara and vegetables with Greek salad  
**Snack:** 1 oz peanuts and string cheese (skim-milk)  
**Dinner:** Chickpea soup, couscous, grilled asparagus, and arugula salad  
**Snack:** 3 crackers and one glass (5 oz) of red wine

## SERVINGS PER DAY



**FRUITS & VEGETABLES**  
 2-4 fruits and 6-8 veggies (non-starchy vegetables)



**WHOLE GRAINS**  
 1 serving = ½ cup bulgur, rice, oatmeal or 1 small tortilla (includes starchy vegetables, such as potatoes and yams)



**NUTS AND SEEDS**  
 1 oz = approx. 15-20 almonds = 164 calories / 15 g fat (limit to a handful a day of nuts)



**BEANS**  
 1 serving = ½ cup



**SEAFOOD**  
 1 serving = 3 oz (4-6 oz higher calorie diet, i.e. 2000 cal/day)



**DAIRY**  
 1 serving = 1 cup of non-fat milk or yogurt (or 1.5 oz skim cheese)



**WINE**  
 5 fluid oz of wine = 125 calories



**OILS**  
 1 serving = 1 tsp (should be used sparingly in the diet)

# STOCKING YOUR KITCHEN

## A Mediterranean Shopping List

### Fresh, Local and Seasonal Fruits

- ✓ Carrots
- ✓ Apples
- ✓ Bananas
- ✓ Berries (blueberries, raspberries, strawberries)
- ✓ Papaya
- ✓ Melons
- ✓ Pomegranate

### Fresh, Local and Seasonal Vegetables

- ✓ Dark green leafy vegetables: kale, spinach, chard
- ✓ Red and yellow peppers
- ✓ Yams
- ✓ Peas
- ✓ Mushrooms (fresh preferred but canned low-sodium and frozen also okay)

### Nuts and seeds

- ✓ Walnuts
- ✓ Peanuts
- ✓ Almonds
- ✓ Cashews
- ✓ Tahini
- ✓ Nut butters (fresh ground without hydrogenated oils and sugar added)

### Beans

- ✓ White beans
- ✓ Black beans
- ✓ Pinto beans
- ✓ Lentils
- ✓ Hummus

### Protein

- ✓ Chicken
- ✓ Cod
- ✓ Eggs
- ✓ Mackerel
- ✓ Salmon
- ✓ Scallops
- ✓ Shrimp
- ✓ Tilapia
- ✓ Turkey
- ✓ Water-packed tuna
- ✓ Avoid deep fried fish, red meat, sausage and bacon

### Whole Grains

- ✓ Couscous
- ✓ Bulgur
- ✓ Brown or basmati rice
- ✓ Quinoa
- ✓ Whole grain pita bread or pasta
- ✓ Oatmeal

### Dairy

- ✓ Non-fat or low-fat milk
- ✓ Yogurt and cheese

### Wine

- ✓ No more than 5 oz red wine for women (and men >65) and 10 oz for men per day

### Oils

- ✓ Olive is preferred for monounsaturated fat
- ✓ Canola, avocado, and grape seed are alternatives
- ✓ Avoid butter, lard, and tropical oils

### Herbs

- ✓ Garlic
- ✓ Oregano
- ✓ Mint
- ✓ Cilantro
- ✓ Parsley
- ✓ Basil
- ✓ Cumin

## MAKE-AHEAD IDEAS FOR SCHOOL LUNCHES OR OFFICE SNACKS

Turkey or grilled chicken sandwich with touch of olive oil, balsamic vinegar and veggies

Tomato risotto with lentils

Shrimp linguini and asparagus/veggies (sautéed in light olive oil and basil)

Hummus, tomato, cucumber, roasted pepper and pita sandwich