

A GUIDE TO EATING THE MEDITERRANEAN DIET

HOW TO EAT THE HEALTHIEST DIET IN THE WORLD

1. MOVE TOWARDS A PLANT BASED DIET

The average American eats 2 1/2 servings of fruits & vegetables per day. The average person in the Mediterranean eats 9 to 12 servings per day.



2. START EATING LOTS OF FAT

The Mediterranean Diet is high in fat, mostly from extra virgin olive oil. How do you think they make the vegetables taste so good? Eat up to 40% of your daily calories from fat.

3. BEANS, NUTS & SEEDS

The #1 protein source in the Mediterranean are from beans, nuts & seeds. Eat them often!



4. WHOLE GRAINS

Whole Grains are eaten every day in the Mediterranean. Bread, pasta and rice with lots of vegetables & a ton of extra virgin olive oil!

5. YOGURT & CHEESE

High fat Greek yogurt, feta and goat cheese are eaten often.



6. EAT SMALL AMOUNTS OF GRASS FED MEAT & CHICKEN

Grass fed meat and herb fed chicken and eggs are eaten in small quantities. Meat is usually eaten in small amounts in a casserole dish or stew.

7. FOCUS ON OMEGA 3 FOODS

Get your anti inflammatory omega 3's in ocean raised fatty fish, grass fed meat, greens, walnuts and flax oil.



8. ALCOHOL WITH MEALS

In certain parts of the Mediterranean, alcohol is consumed every day in small amounts with meals.