

Introduction to the Med Way

7 Simple Steps to Eating the Med Way

These simple steps will help you eat the Med Way every day.



Change your protein

- Replace some of the meat in your diet with plant proteins such as beans, nuts, and seeds often.
- Eat fish and seafood at least two to three times per week. Include fatty fish, such as mackerel or salmon at least once a week. Eat fried fish only occasionally.
- Choose white-meat poultry such as turkey or chicken breast.
- Limit red meat and/or choose lean red meat.
- Greatly limit or eliminate processed meats.



Swap your fats

- Choose olive oil.
- Replace solid fats such as butter or margarine with olive oil or canola oil.
- Use olive oil for cooking, in dressings, and marinades.
- Aim to consume at least four tablespoons of olive oil per day, while keeping within your calorie budget.



Eat more vegetables

- Get at least three servings (three cups) of vegetables per day.
- Choose a variety of colors.
- Eat more dark green leafy vegetables such as collards, kale, spinach, chard, and turnip greens.



