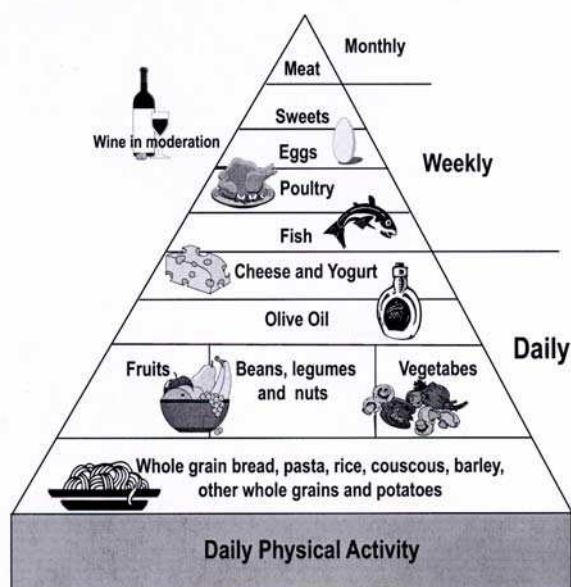


# Health Facts *for you*

## Mediterranean Diet – Food Guide



People who live in the area around the Mediterranean Sea have been found to have a lower risk of heart disease. Research studies show that when people in other parts of the world eat a diet similar to that eaten in Mediterranean countries, they reduce their risk of heart disease.

The Mediterranean diet contains large amounts of fruit, vegetables, and vegetarian proteins, moderate amounts of whole grains, and small amounts of red meat. Regular use of fish, olive oil, and nuts makes this diet higher in fat than the classic “heart healthy diet”, but the fat is mostly unsaturated, which can be good for the heart. The pyramid to the left and the chart below describe types and amounts of foods found in a heart healthy Mediterranean diet.

**Getting enough physical activity** is very important. Start with 30-60 minutes of moderate exercise 5 times a week. Moderate exercise includes activities like walking, biking, or swimming.

**Weight Control** - While eating higher amounts of unsaturated fat in the Mediterranean diet can be heart healthy, large portion sizes may lead to increased calorie intake and weight gain. If you are trying to lose weight, choose fewer servings from each food group, and make sure your serving sizes match those listed.

Food Groups	Serving sizes, examples, and notes	
<b>Non-starchy Vegetables</b>  <b>4-8 servings per day</b>	$\frac{1}{2}$ cup cooked vegetables  <ul style="list-style-type: none"> <li>Non-starchy vegetables include all vegetables <b>except</b>: potatoes, corn, peas and winter squash</li> </ul>	1 cup raw vegetables
<b>Fruit</b>  <b>2-4 servings per day</b>	One small fresh fruit $\frac{1}{4}$ cup dried fruit  <ul style="list-style-type: none"> <li>Whole fruits are preferred because of the fiber and other nutrients they contain</li> <li>Fruits canned in light syrup or their own juice, and frozen fruit with little or no added sugar are also good choices.</li> <li>Use only small amounts of fruit juice (8 oz per day or less), since even unsweetened juices can contain as much sugar as regular soda.</li> </ul>	$\frac{1}{2}$ cup juice

Food Groups	Serving sizes, examples, and notes
<b>Low-fat Dairy Products</b>  <b>1-3 servings per day</b>	1 cup of skim milk or light yogurt                      1 oz of low-fat cheese  <ul style="list-style-type: none"> <li>▪ Soy milk, soy yogurt, and soy cheese can take the place of dairy products.</li> <li>▪ If servings of dairy or fortified soy are less than 2 per day, a calcium and vitamin D supplement is advised.</li> </ul>
<b>Whole Grains and Starchy Vegetables</b>  <b>4-6 servings per day</b>	1 slice whole wheat bread                      ½ cup potatoes, corn, peas or winter squash ½ large whole grain bun                      1 small whole grain roll 6-inch whole wheat pita                      6 whole grain crackers ½ cup cooked whole grain cereal ½ cup cooked whole wheat pasta, brown rice, or barley  <ul style="list-style-type: none"> <li>▪ Whole grains are high in fiber and have less effect on blood sugar and triglyceride levels than refined, processed grains like white bread and pasta.</li> <li>▪ Whole grains also keep the stomach full longer, making it easier to control hunger.</li> </ul>
<b>Legumes and Nuts</b>  <b>1-3 servings per day</b>	2 Tbsp. Sunflower or sesame seeds                      1 Tbsp. peanut butter 7-8 walnuts or pecans                      20 peanuts 12-15 almonds ¼ cup fat free refried beans or baked beans ½ cup kidney, black, garbanzo, pinto, soy, navy beans, split peas, or lentils  <ul style="list-style-type: none"> <li>▪ Aim for 1-2 servings of nuts or seeds and 1-2 servings of legumes per day.</li> <li>▪ Legumes are high in fiber, protein, and minerals.</li> <li>▪ Nuts are high in unsaturated fat, and may increase HDL without increasing LDL.</li> </ul>
<b>Fish or shellfish</b>  <b>2-3 servings / week</b>	3 ounces (about the size of a deck of cards)  <ul style="list-style-type: none"> <li>▪ Bake, sauté, broil, roast, grill or poach your fish.</li> <li>▪ Choose fatty fishes like salmon, herring, sardines, or mackerel often. The fat in fish is high in omega-3 fats, so it has healthy effects on triglycerides and blood cells.</li> </ul>
<b>Poultry, if desired</b>  <b>1-3 servings / week</b>	3 ounces (about the size of a deck of cards)  <ul style="list-style-type: none"> <li>▪ Bake, sauté, stir fry, roast or grill the poultry you eat, and eat it without the skin.</li> </ul>
<b>Healthy fat</b>  <b>4-6 servings per day</b>	1 tsp. olive or canola oil                      2 tsp light margarine 1 Tbsp of regular salad dressing                      2 Tbsp of light salad dressing, made with oil 1 tsp regular mayonnaise                      1/8 of an avocado 5 olives*  <ul style="list-style-type: none"> <li>▪ These fats are mostly unsaturated and contain little or no trans fat, so they will not increase LDL cholesterol levels.</li> <li>▪ All fats are a concentrated source of calories, so try to keep the servings small.</li> </ul>
<b>Alcohol</b>	<b>No more than one drink per day for women or two drinks per day for men.</b> One drink equals one 12 ounce beer, 4 ounces of wine, or 1½ ounces liquor (whiskey, vodka, brandy, etc).  <ul style="list-style-type: none"> <li>▪ People with high blood pressure or high triglycerides, or those taking certain medicines may be advised to avoid all alcohol. Ask your doctor to be sure.</li> </ul>

Limit **egg yolks to 4** per week. Egg whites can be eaten in unlimited amounts.

Limit your **sweets** – use fruit as your dessert.

**Lean red meats** (beef, pork, lamb and veal) can be eaten 3-4 times per month.

- - Indicates foods high in sodium; these foods should be limited, especially for those with high blood pressure.

If you wish to schedule an appointment, please contact UW Health at one of the phone numbers listed below.

Nutrition Clinic Room L33  
University Station  
2880 University Avenue  
Madison, WI 53705  
(608) 263-5012

Nutrition Clinic Room 1296  
UW Health West Clinic  
451 Junction Road  
Madison, WI 53717  
(608) 265-7526

Nutrition Clinic Room 2085  
UW Health East Clinic  
5249 East Terrace Drive  
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