

The Mediterranean and Anti-Inflammatory Way: The Plate Method for Meal Planning

The Mediterranean Way is a great eating plan for adults and children to reduce risks for heart disease, high blood pressure, type 2 diabetes, obesity, memory loss, eye health, and pain.

The Plate Method is a guide to help you plan healthy meals. Think of dividing your plate into sections. Fill one-half with fruits and vegetables. Fill the other half with plant or lean animal proteins and healthy high fiber carbohydrates. Add small amounts of low-fat dairy and heart-healthy fat on the side. Choose a variety of mostly plant foods when filling your plate and follow the tips below.

Choose modest amounts of healthy fats

- Cook your food in a healthy way: grill, broil, bake, boil, stir-fry, air-fry, oven-fry or use an electric pressure cooker.
- Eat less deep-fat fried foods, fast foods, fatty and processed meats, biscuits, boxed meals or noodles, gravies, and cream sauces.
- Eat chicken and turkey. Eat small portions of 3 to 5 ounces.
- Enjoy lean red meats only sometimes. Replace some red meat with beans and legumes.
- Eat fish and seafood 2 to 3 times each week. Choose salmon, sardines, tuna, mackerel, halibut, catfish, tilapia, flounder, bass, and cod.
- Eat nuts, seeds, or edamame every week. Eat up to 3 ounces. Stay within your calorie budget. One ounce of nuts has 150 – 200 calories.
- Cook or season with small amounts of healthy fat from olive oil, sesame oil, canola oil, peanut oil, avocados, olives, nuts, seeds, or nut butters.

Choose more fresh or plain frozen foods that are naturally lower in sodium

- Eat healthier foods made with grains. Choose 2.5 to 4 ounces a day. Choose grains with at least 3 grams of fiber per serving, such as breads, cereals, pastas, brown rice, quinoa, oatmeal, and whole-grain crackers.
- Eat fruits and vegetables at each meal and snack. Leave the peeling on if possible. Eat 1.5 to 2.5 cups of fruit and/or 3 to 5 cups of vegetables each day.
- Add beans like pinto, red, black, navy, and cannelloni, lentils, or peas like green, chickpea, black-eyed, or split to soups, casseroles, or salads. One serving of beans is ½ cup cooked. Enjoy hummus as a spread.
- Add flavors to food with spices, vinegars or fruits and vegetables. Popular herbs and spices are garlic; red, white or black pepper; chili powder; oregano; basil; cinnamon; ginger; nutmeg; mint; cilantro and basil. Tasty vinegars are white, apple cider, red wine, balsamic and rice. Fruits and vegetables that add flavor are lemons, limes, oranges, and their zests or juice; onions; green, red, orange, and yellow peppers; carrots and celery.

Limit sugar to lower calories

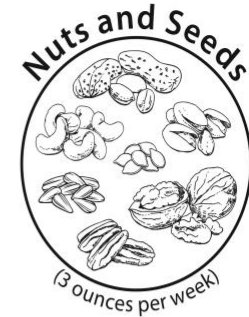
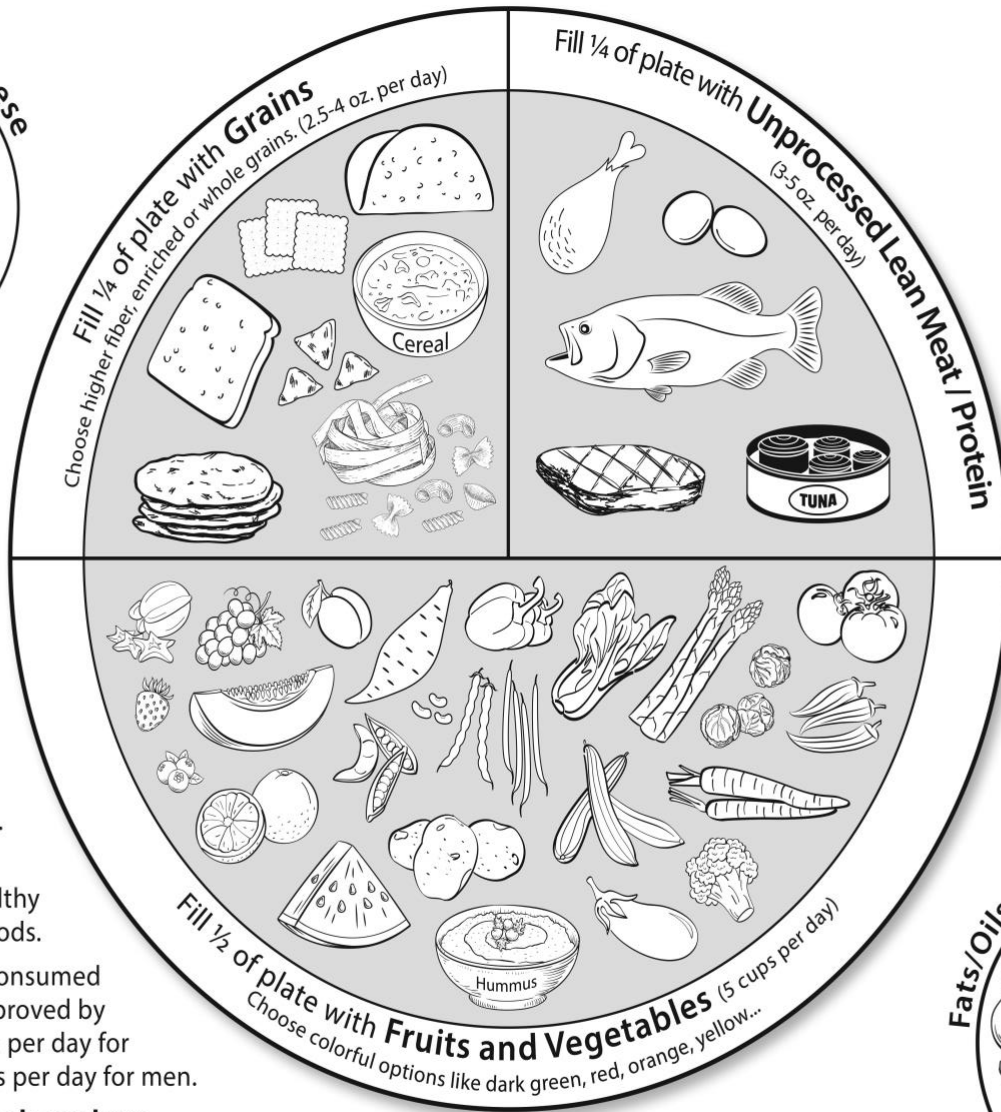
- Drink water or beverages with zero calories like diet soda or flavored waters.
- Use small amounts of natural or artificial no-calorie or low-calorie sweeteners like Equal®, Splenda®, Sweet 'N Low® or Stevia. They are not part of the Mediterranean way but if you need to limit calories, they are ok.
- Use only small amounts of sweeteners like honey, molasses, agave, raw sugar, and brown sugar. They add calories from carbohydrates.
- If desired, and allowed by your doctor, drink small amounts of alcohol. A serving is 5 ounces wine, 12 ounces beer or 1.5 ounces spirits (examples: bourbon, vodka, whiskey...). Women should have no more than one serving a day. Men should have no more than two servings a day.

Check the website www.medinsteadofmeds.com for more information and simple steps to eating the MED way.

The Plate Method for Mediterranean/Anti-Inflammatory Meal Planning



Choose 1% or 2% / Low Fat milk



Choose lower sodium options



Water and Unsweetened Tea



Wine with meals (5 oz = 1 serving)



Plan meals around plant foods. Choose mostly real whole foods to cook and eat regularly.

Healthy options can be fresh, plain frozen or healthy canned and packaged foods.

Alcohol should only be consumed in moderation and as approved by your Doctor. 0 - 1 serving per day for women and 0 - 2 servings per day for men.

Not all food options are shown here.

Food choices made throughout the day should stay within your calorie budget. Speak to a Registered Dietitian Nutritionist (RDN) for more details.

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This information is not intended as a substitute for professional medical care. Always follow your health care provider's instructions.