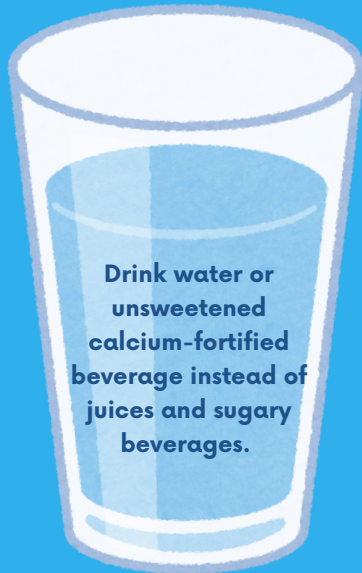


NORTH
YORK
FAMILY
HEALTH
TEAM

Building a Balanced Meal

MEDITERRANEAN STYLE

There are many benefits to following a mediterranean eating pattern including a healthy heart and mind



Fat

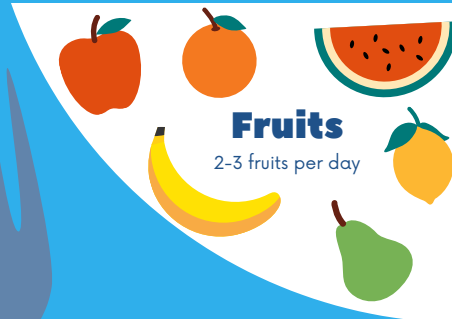
Sources of Fat to include more often:

- Choose olive oil as your main source of added fat
- Fish or seafood (min 2-3x per week)
- Avocados
- Nuts and seeds (1/4 cup daily)
- Nut and seed butters (unsweetened)



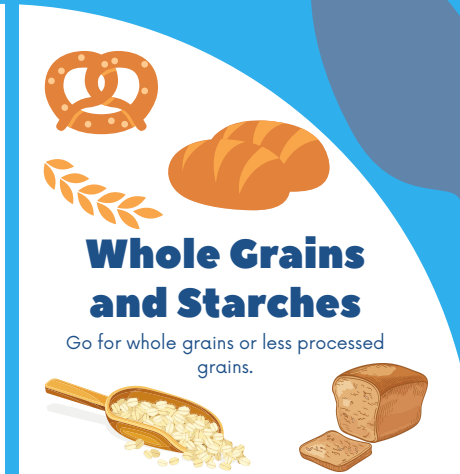
Vegetables

Consume a variety of vegetables. The more the better! Aim to include at a minimum of two meals per day



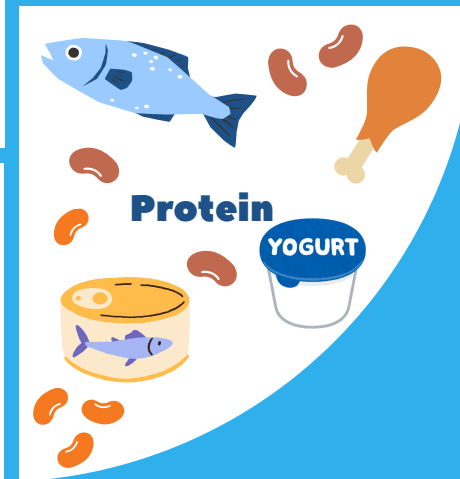
Fruits

2-3 fruits per day



Whole Grains and Starches

Go for whole grains or less processed grains.



Protein

Starch

Choose more often:

- Whole grain products: brown rice, oats, whole grain pasta, whole wheat tortillas/bread/naan/roti, quinoa, buckwheat/kasha, fufu, bulgur, barley
- Starchy vegetables: squash, sweet potato, yams, corn, cassava

Sources of Simple Carbohydrates to include less often:

- White bread, white rice, white pasta
- Baked goods (cookies, cake, muffins, donuts, pastries)
- Candy and chips

Protein

Choose more often:

- Fish and seafood
- Legumes: lentils, beans, chickpeas
- Soy products (tofu, tempeh, edamame)
- Eggs
- Chicken and turkey
- Greek yogurt, cottage cheese, ricotta cheese
- Nuts and seeds and their butters

Choose less often:

- Red meat and processed meats
- Deep Fried meat (such as fried chicken)

****Hard cheeses are a good source of protein and a great source of calcium, however they are high in saturated fat, thus not recommended to eat everyday**



NORTH
YORK
FAMILY
HEALTH
TEAM

MEDITERRANEAN DIET IN A MULTICULTURAL CONTEXT

The Mediterranean Diet is a way of eating that includes more plant based proteins and fat, in addition to eating a variety of fruits, vegetables and whole grains. It is also minimally processed and limited in simple sugars, which is the foundation for many traditional diets and cultural cuisines.

Following a Mediterranean Diet, doesn't mean you have to eat only foods found in the Mediterranean.

Using these guiding principles, you can adapt your own cultural dietary traditions to gain the benefits of this eating pattern.

