

Mediterranean Diet

Invite friends over to cook and eat together! Socialization is a big part of the Mediterranean lifestyle.

Make a pot of memories!



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Pam VanKampen, RDN, CD. March 2019

Mediterranean Diet

Go Meatless!

Experiment with some main dishes that use plant-based proteins like beans.

Research some recipes, there are many that are quick and easy.



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Mediterranean Diet

Enjoy an Active Lifestyle

This doesn't have to be a structured workout, try walking, marching in place during commercials, dancing, bike riding, swimming, anything you enjoy doing that gets your body moving is great!



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Fold then tape this edge to other edge of tri-fold to make a triangle table top tent.

Mediterranean Diet

Overall Goal

Strive to include the foods noted often in your diet and make healthy substitutions like marinara sauce instead of alfredo sauce.



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Mediterranean Diet

History

- Created by a Minnesota researcher named Ancel Keys over 45 years ago.
- Keys found that people who lived in the region around the Mediterranean Sea who ate the traditional diet had lower risk of developing heart disease.



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Mediterranean Diet

Basic Principles

- Eat mostly fruits, veggies, legumes (beans), nuts, olive oil and whole grains.
- Focus on protein from plants instead of animals. Eat more fish and poultry
- Limit red meat, added sugars and sweets.



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