

Client Name:

Date:

RDN/NDTR:

Email:

Phone:

General, Healthful Mediterranean Nutrition Therapy

Your registered dietitian nutritionist (RDN) or physician has recommended you follow the general, healthful Mediterranean diet. A Mediterranean diet will help you to reach and stay at a healthy weight and/or improve your overall health.

This diet emphasizes plant-based foods like vegetables, fruits, grains, beans, peas, lentils, nuts, and seeds. These foods provide fiber, healthy fat, protein, vitamins, minerals, and other beneficial nutrients. The general, healthful Mediterranean diet may be lower in calories, sodium, added sugars, and saturated fat than other diets.

In addition to the general information presented here, your RDN may make recommendations just for you based on your individual needs or personal and cultural preferences.

- This diet emphasizes healthy fats, such as olives and olive oil, avocados, nuts, and seeds.
 - Less healthy fats are limited. Less healthy fats include certain red meats, high-fat dairy products, and processed foods like donuts and other baked goods.
- The primary sources of protein in this diet are seafood, beans, peas, lentils, and nuts.

Tips

Here are some general tips for making healthy choices:

- Eat a variety of fruits and vegetables in a variety of colors every day.
 - Be sure to include lots of dark green, red, blue-purple, and orange vegetables.
- Choose whole grains for at least half your day's grain servings. Read labels to make sure the product is made from 100% of the grain.
 - Whole wheat
 - Brown rice
 - Oats
 - Barley
 - Bulgur
 - Cornmeal
- Get your protein mainly from seafood, beans, peas, soybeans, lentils, nuts and nut butters, and seeds and seed butters.
 - You can also get protein from the following other sources, but they should be limited to small amounts:
 - Lean red meat
 - Poultry
 - Eggs
 - Fat-free and low-fat milk and yogurt
 - Cheese
- Use all oils and fats in moderation, up to five servings per day. Focus on heart-healthy fats.
 - Avocados
 - Olives and olive oil
- Read product labels to help you avoid foods and beverages with added sugar, sodium, and saturated fats.

Foods to Choose or to Limit

The following foods are good choices for a general, healthful Mediterranean diet. Your RDN may make individualized portion size recommendations based on your needs.

| Food Group | Foods to Choose | Foods to Limit |
|-------------------------------------|---|--|
| Grains | <ul style="list-style-type: none">▶ Whole wheat, barley, rye, buckwheat, corn, teff, quinoa, millet, amaranth, brown and wild rice, sorghum, and oats; focus on intact cooked whole grains▶ Whole grain bread, rolls, prepared breakfast cereals, crackers, and pasta made from whole grains that are low in added sugars, saturated fat, and sodium | <ul style="list-style-type: none">▶ Sweetened, low-fiber breakfast cereals▶ Products that list “refined” ingredients on the label:▶ Packaged baked goods▶ Snack crackers, cheese crackers, butter crackers, chips▶ Breads such as biscuits, frozen waffles, sweet breads, doughnuts, pastries, packaged baking mixes, pancakes, cakes, and cookies |
| Protein Foods | <ul style="list-style-type: none">▶ Seafood, including fish, shrimp, lobster, clams, and scallops a few times per week.▶ Fatty fish, such as tuna, salmon, herring, and sardines▶ Unsalted beans, lentils, or peas at least a few times per week▶ Soy products such as tofu, tempeh, or soy nuts▶ Eggs▶ Unsalted nuts and seeds, such as peanuts, walnuts, almonds, pistachios, and sunflower seeds, several times per week.▶ Unsalted nut and seed butters, such as peanut butter, almond butter, and sunflower seed butter (unsalted)▶ Poultry, including skinless chicken or turkey, limited to a few servings per week▶ Red meat, including lean, trimmed cuts of beef, pork, or lamb, limited to a few times per month▶ Plant protein-based meat alternatives, such as veggie burgers and sausages (reduced-sodium varieties) | <ul style="list-style-type: none">▶ Red meat, poultry, or eggs in excess of a few servings per week▶ Marbled or fatty red meats (beef, pork, lamb), such as ribs▶ Processed meats, such as bacon, sausage, and ham▶ Poultry (chicken and turkey) with skin▶ Fried meats, poultry, or fish▶ Deli meats such as pastrami, bologna, or salami▶ Fried eggs▶ Salted beans, peas, lentils, nuts, seeds, or nut/seed butters▶ King mackerel, shark, and tilefish (may contain high levels of mercury) |
| Dairy and Dairy Alternatives | <ul style="list-style-type: none">▶ Low-fat or fat-free milk, yogurt (low in added sugars), Greek yogurt, cottage cheese, and cheeses▶ Fortified soy milk or soy yogurt | <ul style="list-style-type: none">▶ Whole milk, cream, sour cream▶ Cheeses made from whole milk▶ Yogurt or ice cream made from whole milk or with added sugar▶ Cream cheese made from whole milk▶ Fried cheeses |

| Food Group | Foods to Choose | Foods to Limit |
|----------------------|---|--|
| Vegetables | <ul style="list-style-type: none"> ▶ A variety of vegetables, including dark-green, red, blue-purple, and orange vegetables ▶ Low-sodium vegetable juices | <ul style="list-style-type: none"> ▶ Canned or frozen vegetables with salt ▶ Fresh vegetables prepared with salt ▶ Fried vegetables ▶ Vegetables in cream sauce or cheese sauce ▶ Tomato or pasta sauce with high levels of salt or sugar |
| Fruit | <ul style="list-style-type: none"> ▶ A variety of whole fruits, canned fruit packed in water, or dried fruits ▶ 100% fruit juice (limited to ½ cup per day) | <ul style="list-style-type: none"> ▶ Fruits packed in syrup or made with added sugar |
| Fats and Oils | <ul style="list-style-type: none"> ▶ Olives ▶ Unsaturated vegetable oils, including olive and peanut ▶ Vegetable oil-based margarines and spreads | <ul style="list-style-type: none"> ▶ Solid shortening or partially hydrogenated oils ▶ Solid margarine made with hydrogenated or partially hydrogenated oils ▶ Butter |
| Beverages | <ul style="list-style-type: none"> ▶ Coffee and tea (unsweetened) ▶ Water | <ul style="list-style-type: none"> ▶ Sweetened drinks, including sweetened coffee or tea drinks, soda, energy drinks, and sports drinks |
| Other | <ul style="list-style-type: none"> ▶ Prepared foods, including soups, casseroles, salads, baked goods, and snacks made from recommended ingredients, with low levels of added saturated fat, sugars, or salt | <ul style="list-style-type: none"> ▶ Sugary and/or fatty desserts (donuts, pastries, cookies, cakes), candy, and other sweets ▶ Salt and seasonings that contain salt ▶ Fried foods |

General, Healthful Mediterranean Sample 1-Day Menu

| Meal | Menu |
|-----------|--|
| Breakfast | <ul style="list-style-type: none">■ Omelet made with: 1 egg■ 1 egg white■ ¼ cup spinach■ ¼ cup asparagus, chopped■ ¼ cup tomato, chopped■ 1 ounce feta cheese■ 1 orange■ 1 cup unsweetened coffee |
| Lunch | <ul style="list-style-type: none">■ 1 cup lentil soup■ ½ cup tabouleh (parsley, bulgur salad)■ ½ whole wheat pita bread■ ½ cup hummus■ ½ cup cucumber slices■ ½ cup olives■ 1 cup unsweetened tea |
| Dinner | <ul style="list-style-type: none">■ 3 ounces grilled fish■ 1 cup cooked whole grain pasta■ ¼ cup marinara sauce■ ¼ cup fresh basil■ 1 ounce almonds■ ½ cup sauteed eggplant■ 1 cup spinach for salad■ 1 tablespoon olive oil■ ½ cup grapes |
| Snack | <ul style="list-style-type: none">■ 1 cup Greek yogurt■ ½ cup figs |

Sample Meal Plan

Use this form to create an individualized meal plan.

| Meal | Menu |
|-----------|------|
| Breakfast | |
| Lunch | |
| Dinner | |
| Snack | |

Notes: