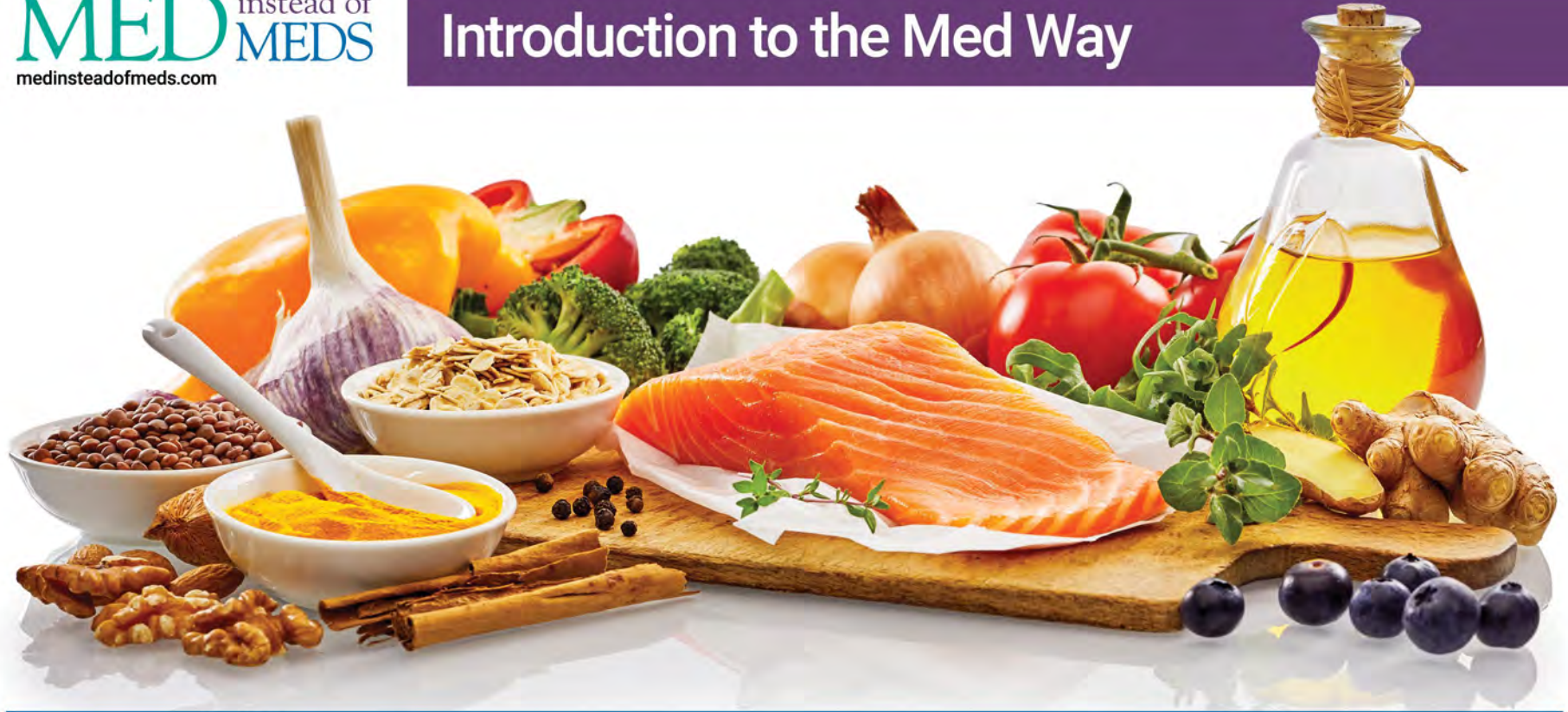


Introduction to the Med Way



2/3

Chronic disease that can be prevented by lifestyle changes, specifically diet and exercise.

A close-up photograph of a metal shopping cart filled with fresh produce. The cart contains several heads of green lettuce, several bright red tomatoes, a bunch of yellow bananas, and a loaf of bread. The background is a blurred grocery store aisle.

People feel **STUCK**.

They feel that
eating healthy is:

TOO HARD

TOO CONFUSING

TOO EXPENSIVE

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It doesn't
taste good.

I don't have time.
REALLY,
I don't have time.

I don't
have
culinary
skills.



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Pans

OR

Pills



Eating the MED Way



Where does the Med Way stand on these super foods?



✓ Me too!



Where does the Med Way stand on limiting these foods?



Eating the Med Way is **NOT** about a flavor profile.



INDIAN



MEXICAN



DELICIOUS

Typical Italian or Greek dishes are **NOT** always consistent with eating the Med Way.



White Flour
and Meat



High
in Meat



White Flour and Cheese

NOT
what we
are talking
about...





Cook and eat
REAL food.

Don't get hung up
on magical ingredients.



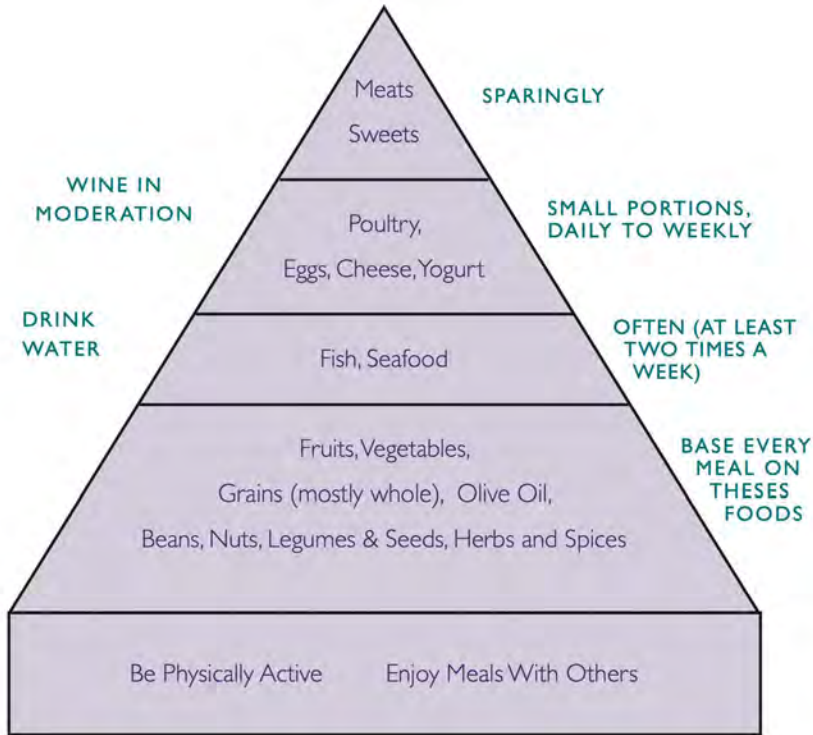
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The MAGIC is here —

in all the food choices that make up
the Med Way of eating.

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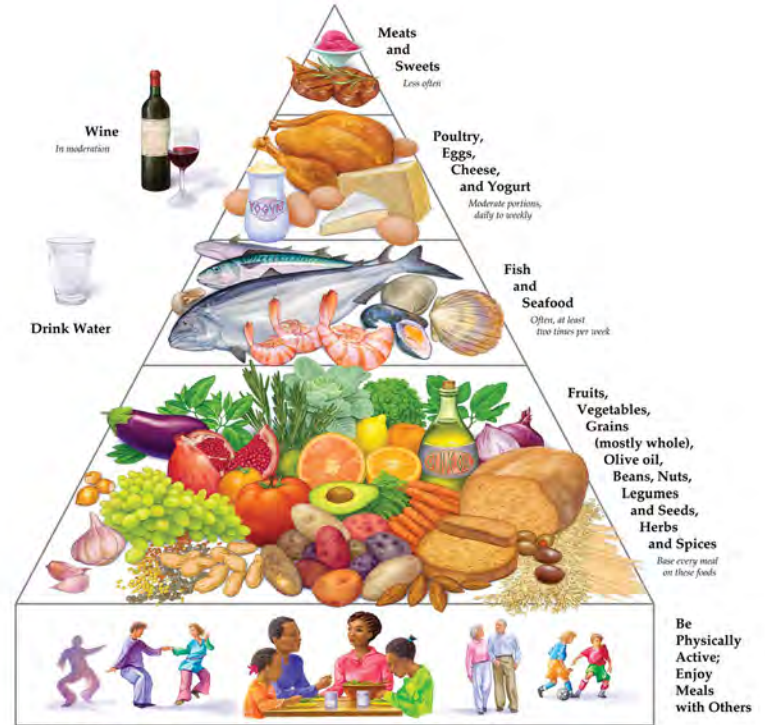


Illustration by George Middleton

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HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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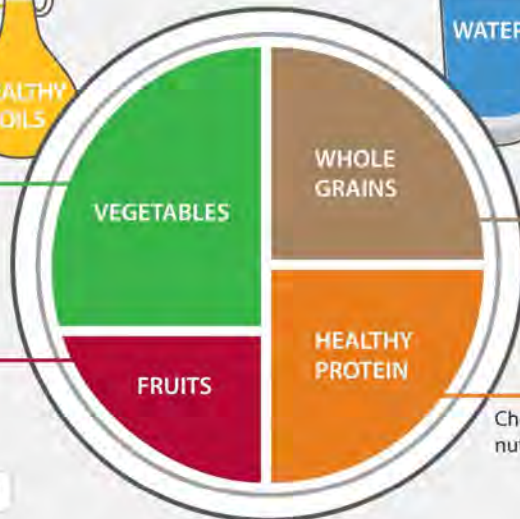
Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



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DASH Diet

Original DASH was lower in fat than the Med Way. New DASH is closer (but still not as high in healthy fat) to what the Med Way recommends.



The new Dietary Guidelines include the Healthy Mediterranean-Style Pattern which reflects eating patterns that have been associated with positive health outcomes in studies of Mediterranean-Style diets.



Why should you
GO MED?



Eating the Med Way decreases
the risk of some forms of cancer.

CANCER



Eating the
Med Way is
better than
a low-fat diet
for **WEIGHT
LOSS.**



The Med Way of eating



- Better than a low-fat diet for weight loss in overweight and obese individuals.
- Higher-fat Med Diet (up to 42% total fat) did not increase weight.



Nearly 9 out of 10 people are worried about consuming **FAT**.





We must **ABANDON**
the notion that
low-fat leads to
less weight gain.





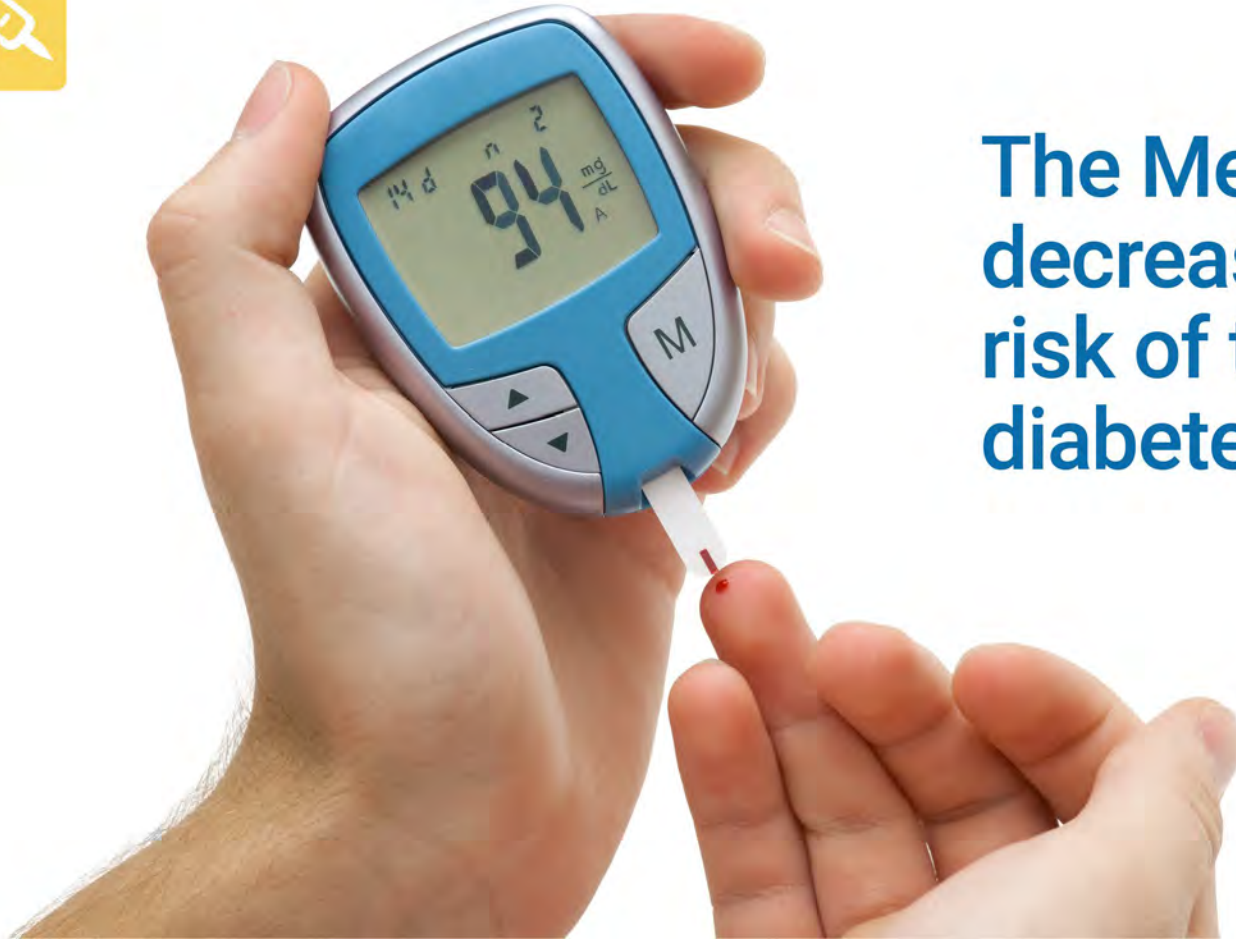
The Med Way protects against **COGNITIVE DECLINE** by protecting the small blood vessels in the brain.

40%

lower risk of developing **Alzheimer's** when you Go Med.



**The Med Way
may improve eye
health including
decreasing the
risk of macular
degeneration.**



The Med Way
decreases the
risk of type 2
diabetes.



Eating the Med Way is better than
a low-fat diet for **DIABETES.**

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Eating the Med Way can help manage blood pressure.



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The Med Way can reduce the risk of cardiovascular disease as much as 30%–60%.





Full adoption of a modern version of the Mediterranean eating pattern can be considered one of the most effective approaches for the prevention of fatal and nonfatal cardiovascular disease complications.



Consuming 9 or more servings of fruits and vegetables a day resulted in a 60% reduction in cardiovascular disease.





Eating the MED Way



What sets the Med Way apart from other eating patterns?



How can you eat the Med Way?

1

Change
your
protein

2

Swap
your
fats

3

Eat
more
vegetables

4

Eat
more
fruit

5

Snack
on nuts
and seeds

6

Make
your grains
whole

7

Rethink
your
sweets

7 Steps to Eat the Med Way



↑ MED ↓ FLIPS

Transform
popular foods into
Med Way dishes.

MED TIPS

Practical advice
for living the
Med Way every day



Go Med Life Hacks—Quick and easy techniques to make going the Med Way easier

▶ **GO MED**
Life Hack





Practice
Mindfulness
Daily

Mindful Eating and the Med Way

Eating the Med Way

- Med Tastings
- Med Demos
- Med Cooking



Med Way
Recipe:
**Green
Beans with
Lemon Zest**



Med Way
Recipe:
**Sautéed
Squash
and Onions**



Med Way
Recipe:
**Oven-
Roasted
Vegetables**



Med Way
Recipe:
**Curry
Quinoa
Salad**



Med Way
Recipe:
**Mushroom
Almond
Burger**



Med Way
Recipe:
Fruit Chaat



Med Way
Recipe:
**Banana
Oatmeal
Pancakes**



Introduction to the Med Way

