

# **The Mediterranean Eating Plan**





## *Foreword*

### **EXPERIENCE MEDITERRANEAN EATING!**

Thank you for choosing a Mediterranean Diet!

Previous research has found that people who eat a traditional Greek-Mediterranean diet have lower rates of cancer and cardiovascular diseases. This makes us think that this style of eating will be useful for cancer prevention.

This diet targets important aspects of the Mediterranean diet: more fruits, vegetables, fish and mono-unsaturated fats instead of high fat meats and processed foods. We cannot exactly follow the traditional Greek-Mediterranean diet since the foods that we have available today are different, but we can get close. For example, you can't find wild greens at the grocery store. We can, however, get dark green vegetables such as spinach, kale, collards and Swiss chard that are packed with preventive compounds. We can also try to match the fat intake of the traditional Greek diet by eating only low-fat meats, more fish and more olive oil.

It is important to note that other foods will be substituted out to keep your calories the same as you usually eat.

We hope that you will enjoy learning about the Mediterranean way of eating.

# **JOURNEY TO GREECE THROUGH HEALTHY FOODS**

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## SHARING IN THE HEALTHFUL BENEFITS: WHAT IS IN THESE FOODS?

Crete is an island in Greece. Just like in most countries, the diet has changed over time, but the traditional Cretan diet was associated with a long life expectancy and a very low incidence of heart disease and cancer.

The typical Cretan consumed 2-4 tablespoons olive oil every day. Their staple foods were whole grain breads, large amounts of beans and vegetables, plentiful fruits, such as grapes and figs, and smaller amounts of meat. Red meat was consumed about once a week and poultry once or twice a week. Animals grazed on wild greens not grains; therefore, the milk and meat were naturally higher in omega-3 fats. Eggs were consumed several times weekly. The main proteins were legumes (chick peas, broad beans, fava and lima beans) and fish. Nuts were often used in desserts.

Cretans are well known for eating many vegetable dishes and still have *one of the highest vegetable intakes of any population*. Wild greens such as purslane, sow thistle, amaranth and spinach were regularly sautéed and mixed with other produce. Other garden fresh produce include onions, garlic, cabbage, tomatoes, green beans, okra. Onions were prepared more as a vegetable than a spice. Basil, Parsley, Thyme, Dill, Mint, Sage, Oregano and Rosemary were eaten daily and in large quantities.

*What are some of the micronutrients found in Mediterranean foods?*



**GREENS AND OTHER VEGETABLES** - Leafy greens are rich in the antioxidant carotenoids lutein and zeaxanthin. Folate is also rich in leafy greens and is noteworthy for its link to colon cancer prevention. Dark orange vegetables are high in alpha-carotene, and lycopene is high in red produce such as tomatoes and watermelon. All of these compounds, plus the compounds that have not been discovered yet, likely work together to protect from cancer using a multi-pronged defense. We think that is what makes the whole food mother nature's own best vitamin pill.



**FRUITS** - Fruits provide a variety of vitamins including vitamin C, fiber, phytonutrients such as beta-cryptoxanthin, anthocyanins and catechins. Ellagic acid (high in berries and pomegranate) is being studied for its promising anticancer effects on intestinal cancers.



**OLIVE OIL & OLIVES** - Olives and olive oil are rich in heart-healthy monounsaturated fat and phenolic compounds which taste great! The phenolic compounds from olives give extra virgin olive oil its green color, and they seem to have anticancer effects. In addition, olive oil can help the body absorb phytonutrients from fruits and vegetables more easily. Natives of Crete enjoyed olive oil so much that it accounted for one third of their daily calorie intake.



**HERBS** - The village gardens of Crete are filled with many flavorful herbs such as garlic, oregano, marjoram, thyme and sage for use with olive oil, breads, vegetables and stews. Herbs generally contain concentrated levels of phytonutrients, which is why their flavor is so intense. Try using liberal amounts of herbs in cooking or sprinkled on foods for extra zest.



**ALLIUM VEGETABLES** Onions, leeks and garlic contain many flavonoids such as quercetin and sulfur compounds that have antioxidant and cancer preventative properties. When cooked, they are especially easy to eat. For kids, try cooking them longer or microwaving first, and the onion will seem to melt away in mixed dishes like casseroles and soups.



**FISH** - Fish such as salmon, anchovies, rainbow trout and herring are high protein and high in omega-3 fats (EPA and DHA). Omega -3 fats may reduce risks of heart disease, stroke, inflammation and cancer. The people of Crete consumed an average of 5 to 15 ounces of fish per week, preparing seafood meals usually once or twice per week. Fish soup was one of the most inexpensive and common dishes served.

# USING YOUR MEDITERRANEAN FOOD CHOICES AND EXCHANGE LISTS

Eating a Mediterranean style diet is your main goal. This diet includes different types of fat than what is in the usual American diet. It also includes a higher variety and amount of fruits and vegetables. Other important goals include maintaining your current weight and keeping food records. This booklet will help you meet your Mediterranean goals.

This booklet lists foods so that you will know which specific foods you can choose from each category. It also tells you how much of each of these foods is counted as one exchange.

## STEP 1: WHAT TO EAT?

You will find foods categorized into groups. Your dietitian will give you a certain number of exchanges that you can eat from each group. You will learn how to add new foods to your diet while taking some foods away. Your own Mediterranean goals are made so that you will not change your calorie or total fat intakes.

It is important that you do not gain or lose weight.

This is **STEP 1**: knowing **WHAT TO EAT**.

## STEP 2: HOW MUCH TO EAT?

These exchange lists give a specific serving size for each food choice listed. This will help you substitute, or “EXCHANGE”, foods in your day so that you meet study goals while eating foods that you like. If you follow the serving sizes for the exchanges you should be able to maintain your weight.

This is **STEP TWO**: knowing **HOW MUCH TO EAT**.

## NEED SOME HELP?

Maria will be happy to assist you (615-4832). Thank you for your efforts!





# MY MEDITERRANEAN HEALTHY EATING GOALS

**FAT Exchanges** \_\_\_\_\_/day

**Omega-3 Foods** 2/week

**Vegetable & Fruit Exchanges per day**

Dark Green \_\_\_\_\_

Red \_\_\_\_\_

Orange & Yellow \_\_\_\_\_

Allium (garlic & onion) \_\_\_\_\_

Herbs \_\_\_\_\_

Other Vegetables \_\_\_\_\_

Fruit \_\_\_\_\_

**Grain Exchanges** \_\_\_\_\_

(including at least 3 whole grains)

**Protein Exchanges** \_\_\_\_\_

**Milk/Dairy Exchanges** \_\_\_\_\_



## FATS LIST

**7-10 exchanges/day (check your own Mediterranean goals on page 7)**

**One Exchange is: 5 grams fat and 40-50 calories.**

**One Exchange is 1 teaspoon oil, nuts in the amounts listed or 2 teaspoons nut butter.**

### HIGH MONOUNSATURATED FAT CHOICES

#### (High MUFA)

Choose most of your fats from this **High MUFA** list.

✓Olives (10 small, 8 medium, 5 large)

✓Olive Oil (1 tsp.)

Avocado (1/6 medium)

Avocado Oil (1 tsp.)

Hazel Nuts (10 nuts)

Hazel Nut Oil (1 tsp.)

Macadamia Nuts(3-4 nuts)

Macadamia Nut Oil (1 tsp.)

Pesto (see recipes, 1 TB)

Tapenade from olives (see recipes, 1 TB)

Trail Mix with hazelnuts (see recipes, 1/4 cup:  
count as 2 fats and 1 fruit)



### MODERATE MUFA CHOICES

Choose a fat from this list **no more than twice a day.**

Almond Butter (2 tsp.)

Bacon (2 small slices)

Butter (whipped – 2 tsp.)

Cashews (6)

Chocolate Chips (1 TB)

Olive-it Spread (1 ½ tsp.)

Pistachios (16 nuts)

Almonds (6 nuts)

Butter (1 tsp. or 1 pat)

Cashew Nut Butter (2 tsp.)

Chocolate (½ oz)

Light Cream Cheese (1 TB)

Pecans (4 halves)

### LOW MUFA FAT CHOICES

Choose a fat from this list **no more than twice a week.**

(If you eat 3 oz. of medium-fat meat (p.20), that would  
be 3 tsp. of lard!)

Canola Oil (1 tsp)

Lard (1 tsp.)

Low-Fat Mayonnaise (2 TB)

Peanut Butter (2 tsp)

Pinenuts (2 tsp)

Sesame Seeds (1 TB)

Coconut, sweetened, shredded (2 TB)

Canola Mayonnaise (1½ tsp)

Light Mayonnaise (1 TB)

Peanuts (10 nuts)

Peanut Oil (1 tsp)

Pumpkin Seeds (1 TB)

Sesame Oil (1 tsp)



## PLEASE AVOID THESE FATS

**These fats, high in poly-unsaturated fats and trans-fatty acids are NOT part of your Mediterranean Diet.**

**Many processed, prepackaged and snack foods contain these fats.**

**ALWAYS CHECK THE FOOD LABEL AND INGREDIENT LIST!**

**If the ingredient list contains these fats, please select an alternate food.**

Brazil Nuts

Corn Oil

Shortening

Margarine

Mayonnaise (if made with oils on this page)

Safflower Oil

Soy Bean Oil

Soy Nuts

Sunflower Oil

Sunflower Seeds

Vegetable Oil

Walnuts

Walnut Oil

Hydrogenated Oil

Partially-Hydrogenated Oil

## CHOOSE OMEGA-3 FOODS

2 servings/week

As part of a healthy diet, omega-3 fats (EPA, DHA & alpha-Linolenic acid) come from animal and plant sources. Omega-3 fats are thought to have benefits for many aspects of health including cardiovascular diseases, immune function, inflammation and cancer. You can use any of the foods in the table twice/week. The low-fat fish you can eat more of.

**Please limit fish higher in mercury (swordfish, shark, tilefish and mackerel) to 7oz per week.**

Fish and Flax	Edible Serving Size	Omega-3 Grams/serving	Protein Exchanges
Salmon,Lox,Trout,Bluefish, Herring,Whitefish,Anchovies, Bass,Sardines in oil,3.75oz, (Available in olive oil)	3 oz	1 to 2	3 protein
Flax Oil	1 Tbsp	7	0 protein
Flaxseed, Fresh ground	3 Tbsp	4	1 protein
Sardines, Water packed	3.75 oz can	1.5	2½ protein
Sardines, Water packed	4.75 oz can	1.8	3 protein
Flounder, Sole, Cod, Pollock, Halibut, Carp, Whiting, Tilapia	3 oz	0.5	3 protein (these have almost no fat)





## VEGETABLE LIST

4-5 Exchanges/day (not counting herbs and onions), check your own goals page 7

**One Exchange is:**

**1 cup raw**

**2 cups raw leafy greens**

**½ cup cooked**

**1 medium vegetable**

**½ cup juice (please don't use more than 2 servings/day of juice in your count. Juice has no fiber)**

**\* Some vegetables are high in starch and these are starred. Count these as 1 vegetable and 1/2 starch. \*\* Two stars means count as 1 vegetable and 1 starch.**

Each day you should eat some Dark Green Herbs and Allium Family (onion) vegetables. These have almost no calories. In addition, your diet will have 4-6 servings of vegetables from the following four categories:

**Dark Green, Red, Yellow/Orange, and Other.**

Each vegetable category is rich in a specific micronutrient (carotenoid or flavonoid). As you increase your intakes, the levels of these micronutrients should increase in your blood.

**One serving of a vegetable contains: 5 grams Starch, 2 grams Protein, no Fat and 25 Calories**

Note about the categories: Carotenoids and flavonoid type compounds are responsible for the colors and flavors in vegetables. Color and flavor can be used as a guide for increasing the variety of micronutrients that we consume.

Note about allium vegetables and herbs: The Allium Vegetables and the Green Herb Category do not have specific serving sizes and contain virtually no calories. We suggest that you use these vegetable choices liberally and often. Cretans used herbs like dill and parsley in abundance and some allium family vegetables were served as vegetables and not just used as flavoring.

These vegetables contain high levels of antioxidants and loads of flavor! Get in the spirit and Spice it Up!

# VEGETABLES

Use at least 1 exchange/day of each category

## DARK GREEN VEGETABLES

### Leafy Greens

(2 cups raw or ½ cup cooked)

Grape Leaves

Greens (all types: amaranth, beet, chicory, collard, mustard, turnip and Swiss chard)

Lettuce, dark green (all types: endive, escarole, red leaf, romaine)

Kale

Purslane

Spinach

Watercress

### Other Green Vegetables

(1 cup raw, ½ cup cooked)

Broccoli

Brussels Sprouts

Celery

Nori (seaweed)

Okra

\*Peas, green or snap

Zucchini (with skin)

\* One star means count as 1 vegetable and ½ starch

\*\* Two stars count as 1 vegetable and 1 starch

## RED VEGETABLES

### Tomato Products

\*Catsup (2 TB)

Salsa (¼ Cup)

Spaghetti Sauce (¼ Cup)

Tomatoes (1 Medium or ½ Cup chopped)

Tomato Juice (½ Cup)

Tomato Paste (2 TB)

Tomato Sauce (¼ Cup)

\*\*Tomato Soup (1 Cup)

V-8 Cocktail (½ Cup)

### Fruits that can be used as a red vegetable (contain lycopene)

\*Guava

\*Pink/Red Grapefruit (½ med)

\*Watermelon (1 cup)



## VEGETABLE LIST (Continued, 1 exchange/day from each category)

### YELLOW/ORANGE VEGETABLES

Baby Carrots (4)  
 Bell Peppers (red, orange and yellow)  
 Carrots  
 Carrot Juice (1/4 Cup)  
 \*Plantains  
 \*Pumpkin  
 Snap Green Beans  
 \*\*Sweet Potato or Yam  
 Tangerines (2 small)  
 Vegetable Juice, canned  
 \*Winter Squash (yellow/orange interior)  
  
 \*Minesterone soup (1 cup)  
 Vegetable-beef soup (1 cup)  
 Vegetarian vegetable soup (1 cup)

### OTHER VEGETABLES

Artichoke  
 Baby Corn  
 Bean Sprouts  
 Bok Choy  
 Cauliflower  
 Chayote  
 Cucumber  
 Fennel  
 Green Peppers  
 Mushrooms  
 Pea Pods  
 Radish  
 Rutabaga  
 Sugar Snaps  
 Water Chestnut  
  
 Asparagus  
 Bamboo Shoots  
 Beets  
 Cabbage  
 Celery  
 \*Corn  
 Eggplant  
 Green Beans  
 Kohlrabi  
 \*Parsnip  
 \*\*Potatoes  
 Rhubarb  
 Sauerkraut  
 \*Taro Root  
 Turnips

\* One star means count as 1 vegetable and ½ starch

\*\* Two stars count as 1 vegetable and 1 starch



## ALLIUM VEGETABLES AND HERBS

Have at least 1 from each category every day.

### ALLIUM FAMILY VEGETABLES

1 serving/day

Use liberally and often

Garlic (2 cloves = 1 tsp powder)  
Green Onion  
Leeks  
Onions  
Scallions  
Shallots

### GREEN CULINARY HERBS

1 serving/day

Try for at least  
1 Tablespoon Fresh Herb or  
1 Teaspoon Dried Herb  
sprinkle liberally on food.

Basil	Bay Leaves	Chervil
Chives	Cilantro	Dill Weed
Fennel	Marjoram	Mint
Oregano	Parsley	Peppermint
Rosemary	Sage	Savory
Sorrel	Thyme	





## FRUIT LIST

**2-4 exchanges/day, choose at least 1 fruit from each category. One exchange is:**

**1 medium or 1 cup fresh**

**½ cup canned**

**¼ cup or 4 TB dried**

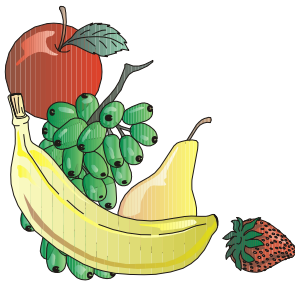
**½ cup juice (juice can only be used to satisfy 2 exchanges/day)**

**If you would like to eat more fruit than your goal, remember to exchange it for a carbohydrate choice.**

### VITAMIN C FRUITS

Cantaloupe (small or 1 cup cubed)  
Grapefruit (½ large)  
Grapefruit juice (½ cup)  
Guava  
Kiwi fruit  
Mandarin oranges (2 small)

Mango (½ medium)  
Orange  
Orange juice (½ cup)  
Papaya (½ papaya)  
Strawberries, whole (1 ¼ cup)  
Tangerines



### OTHER FRUITS

Apple, small  
Applesauce (½ cup)  
Apple juice, cider  
Apricot: dried (8 halves)  
cooked or canned (½ cup)  
fresh (4 med.)

Banana (small or ½ large)  
Blackberries  
Blueberries  
Cranberries, whole  
Cherries (12 each)  
Cherries, canned

Dates (3 med.)  
Figs, fresh (2 med.)  
Figs, dried (2 each)  
Fruit cocktail (½ cup)

Grapes (17 each or 1 cup)  
Grape juice  
Honeydew melon (1/2 cup)  
Nectarine  
Pineapple, fresh or canned  
Pineapple juice

Plums (2 small)  
Plums, canned  
Prunes (3 dried)  
Prune juice  
Raisins (4 TB.)  
Raspberries

Peach, fresh or canned  
Pear (½ large)  
Starfruit (2 med)  
Watermelon (1 cup)



## GRAINS LIST

**6-13 exchanges/day (see page 7), with at least 3 being whole grains**

**One exchange is 15 grams carbohydrate, 3 grams protein, 0-2 grams fat and 80 calories. One exchange is generally 1 oz of a grain product.  
Please use low-fat carbs most often.**

**HOW DO I FIND WHOLE GRAINS?** The food label and ingredient list will have the words **“WHOLE WHEAT”, “100% WHOLE” or “WHOLE GRAIN”**. Whole grain products will have at least 3 grams of fiber per serving.

### BREAD

Bagel (1 oz, about ½ a bagel)  
Bread, reduced calorie or light (2 slices)  
Bread, 100% Whole, regular (1 slice)  
Bread sticks, crisp (2 small or 1 large)  
English muffin, Whole Grain (½ muffin)  
Hot Dog or Hamburger Bun, Whole Wheat (½ bun)  
Pita, Whole Wheat (1 oz., ½ regular pita)  
Roll, plain (1 small)  
Raisin Bread, unfrosted (1 slice)  
Tortilla, corn, Whole Grain (1 - 6 inch tortilla)  
Tortilla, flour (1 - 8 inch tortilla)  
Tortilla Chips, Baked, no added fat (1 oz, 6-16 chips)  
Waffle, Whole Grain (1 small)

### CEREALS AND GRAINS

Bran Cereals (½ cup)  
Bulger, cooked (½ cup)  
Cereals, Oatbran & Oatmeal, cooked (½ cup)  
Cereal, steel-cut oats, cooked (¼ cup)  
Cereals, unsweetened, ready-to-eat (¾ cup)  
Cornmeal, dry (3 Tbsp.)  
Couscous, cooked (1/3 cup)  
Flour, dry (3 Tbsp.)  
Grape Nuts cereal, (¼ cup)  
Granola, Fat-Free (¼ cup)  
Grits, cooked (½ cup)  
Muesli (¼ cup)  
Pancake, Whole Grain (1 small)  
Pasta, cooked, (½ cup, try whole wheat past!))  
Brown Rice, cooked (⅓ cup)  
Sugar-frosted Whole Wheat Cereal (½ cup)



## CRACKERS AND SNACKS

Animal Crackers, 1 gram fat or less (8 crackers)  
Matzoh (¾ large matzoh)  
Melba Toast (3 pieces)  
Ryvita (2 each)  
Popcorn, plain, air-popped (3 cups)  
Pretzels (¾ oz)

Crackers, Whole Grain, low fat (2-5)  
Crackers, fat-free (5-6 crackers)  
Muffin, fat-free (1 small)  
Graham Crackers, low-fat or fat-free  
(1½ full crackers)



## IMPORTANT TIPS AND NOTES

- Most commercially prepared breads, crackers and snacks are made with hydrogenated vegetable oil, trans-fat or other fats high in poly-unsaturated fatty acids. Try homemade versions using Mediterranean fats and oils. **See your recipe packet.**
- At restaurants, ask for your bread, toast and bread sticks, dry with no butter. Any bread that is buttered counts as 1 fat exchange (5 g fat) per slice. If you wish, you can dip your bread in olive oil and count it towards your high MUFA fats.
- Carefully monitor the amount of high starch foods you are eating. It is important that you eat less breads and snack grains than before, so that you can eat more vegetables and fruits without eating more calories.
- Remember that portion sizes are very important! Use measuring cups and spoons to know for sure.
- Starchy vegetables, like corn, peas, potatoes and squash count as ½ a starch exchange and 1 vegetable.
- You also get starch from legumes: remember that ½ cup legumes or dried beans count as 1 starch and 1 protein.

## AVOID THESE CARBS because of HIDDEN FATS

Biscuit  
Cookies  
Corn Bread  
Crackers, regular  
Croutons, regular  
Fried Noodles and Rice  
Granola cereal, regular

Granola bars  
Pie Crust  
Snack Cake  
Snack crackers (unless fat-free)  
Snack chips (unless fat-free or fried  
in olive oil)  
Sandwich crackers, (with filling)

Muffin, regular  
Sandwich crackers, (with filling)  
Stuffing (dressing)  
Taco Shell  
Most commercially prepared snacks,  
sweets and desserts

## Some Practical Tips for You

### What are some Whole Grain Cereals?

Cheerios	Raisin Bran
Granola	Shredded Wheat
Grape-Nuts	Total
Oatmeal	Wheat Germ
Muesli	Wheaties



### What are some Whole Grain Snacks?

Popcorn	Wheat Thins, multi-grain
Ryvita crackers	Whole Grain Fig Newtons
Triscuits	Whole Grain Chips Ahoy
WASA crackers	Whole Wheat Ritz crackers

### What about Brown Rice?

Instant brown rice cooks the same as instant white rice.  
For regular rice, brown rice needs more cooking time (40-60 min).

**Enjoy!!**

### What about Whole Wheat Pasta?

Although it may look dark while dry, whole wheat pastas lighten up after cooking and can be easily substituted for white flour pasta. Several brands make whole wheat pasta, like Hodgson Mills and Barilla, but selection may vary by store.

## PROTEIN LIST

**5-9 exchanges or ounces/day, check your own plan on page 7**  
**One Exchange of Protein is 35-75 calories, 7 grams of protein and 0-9 grams fat**  
**One exchange is: 1 ounce meat, poultry, fish, cheese**  
**1 egg,  $\frac{1}{3}$  cup Textured Vegetable Protein (TVP)**  
 **$\frac{1}{2}$  cup legumes or dried beans\***  
**1 slice lunch meat,  $\frac{1}{2}$  hot dog,  $\frac{1}{3}$  bratwurst**

**Note: If you want to use nuts for protein, 1 ounce nuts or 2 Tbs. nut butter is 1 protein and 3-4 fat exchanges (see your fats list for nuts)**

In order to meet your study goals, choose proteins from the very low-fat and low-fat categories most often.

One serving or portion of meat is different than an exchange. A typical portion size of meat is about 3 ounces or the same size as a deck of cards. So, a 3 ounce portion of meat is actually 3 EXCHANGES from the protein list.

A note about fat in protein foods: Some seafood, legumes, fat free cheese and skinless white meat poultry have almost no fat. Other protein foods contain quite a lot of fat, and it is not the right kind of fat for your Mediterranean diet. In particular, the high-fat red and processed meats, dark meat poultry and breaded and/or fried meats are high in saturated and/or polyunsaturated fat.

**Because of that, it is important to choose very low-fat and low-fat proteins most often.**



## VERY LOW-FAT PROTEINS (1 oz = 0-1 g fat)

**Cheese:** Any cheese labeled Fat-Free or containing 0-1 grams of fat, including fat-free cottage cheese (1/4 cup), or any other fat-free cheese (1 slice)

**Eggs:** Egg whites (2) and fat-free egg substitute (1/4 cup).

**Fish:** Bass, cod, flounder, grouper, haddock, halibut, lox, mahimahi, monk fish, perch, pickerel, smelt, sole, trout, tuna

**Legumes:** Beans, lentils, peas (1/2 cup, cooked)

\*Count these as 1 protein and 1 carbohydrate exchange.

**Meat substitutes:** vegetarian protein products, burgers, hot dogs, etc., with less than 1 gram fat per ounce. Check packaging and count 1 carbohydrate choice for each 15g carbohydrate listed on the label.

**Other Meat:** Fat-free deli meat, fat-free hot dogs, kidney, fat-free sausage.

**Poultry:** White meat chicken, turkey or pheasant without skin.

**Seafood:** Clams, crab, imitation shellfish, lobster, octopus, oyster, prawns, scallops, shrimp, squid.



## LOW-FAT PROTEIN (1 oz = 3 g fat)

**Beef:** Select or Choice grades **all fat trimmed** of chuck, round, sirloin, flank steak, tenderloin, roast also T-bone, porterhouse and cubed steak.

**Cheese:** Any cheese labeled with about 3 grams of fat per ounce, 4.5% fat cottage cheese (1/4 cup), Parmesan (2 Tbsp).

**Fish:** Herring, salmon, sardines.

**Lamb:** All fat trimmed. Roast, chop, leg or loin.

**Meat substitutes:** Vegetarian protein products, burgers, hot dogs, etc., about 3 grams fat per serving. Check packaging and count 1 carbohydrate choice for each 15g carbohydrate listed on the label.

**Other:** Hot dogs, sausage and cold cuts with about 3 grams fat per ounce.

**Pork:** Ham (trimmed), Canadian bacon, tenderloin and well trimmed center loin chop and sirloin chops and roast.

**Poultry:** White meat with skin or dark meat without skin.

**Veal:** All fat trimmed. Chop (lean), cutlet or roast.



**Please try to avoid higher fat meats. If you must have it, please limit to 1 serving a week or 1 serving every other week. Three ounces of a medium-fat meat would have the same fat as 3 tsp of lard. Three ounces of high fat meat would be 5 tsp of Lard! The 2 tsp of lard/week from the fat list can be saved up for higher fat meats.**

### **MEDIUM-FAT PROTEIN (1 oz = 5 g fat)**

**Beef:** Select or Choice grades, fat not trimmed, of round, sirloin, flank steak, tenderloin, roast also T-bone, porterhouse and cubed steak.

**Cheese:** Feta (1oz), mozzarella (1oz), ricotta (1/4 cup).

**Eggs:** Whole egg (1 egg); pasteurized liquid eggs (1/4 cup)

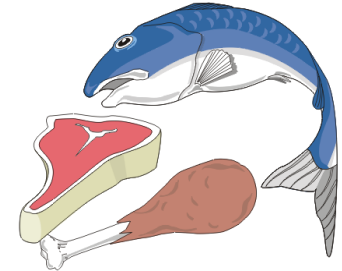
**Fish and Shellfish:** Any fried fish and shellfish. Note: Unless you fry your fish at home in olive oil, it is probably high in poly-unsaturated fat and not part of your Mediterranean diet.

**Soy:** green soy beans (1/3 cup), mature soy beans (1/4 cup cooked), tofu (1/2 cup or 4 oz), tempeh (1/4 cup).

**Meat substitutes:** Vegetarian protein products, burgers, hot dogs, etc., about 5 grams fat per serving. Check packaging and count 1 carbohydrate choice for each 15g carbohydrate listed on the label. Note: check ingredients for type of fat. Many of these products are high in poly-unsaturated fat!

**Other:** Hot dogs, sausage and cold cuts with about 5 grams fat per ounce.

**Poultry:** Dark meat with skin.



### **HIGH-FAT PROTEIN (1 oz = 8+g fat)**

**Beef:** Prime grade cuts and untrimmed choice and select cuts.

**Cheese:** Most regular cheeses.

**Fish:** Breaded and fried fish. Avoid if commercially prepared.

**Lamb:** Untrimmed cuts.

**Other:** Most hot dogs, sausage and cold cuts.

**Pork:** Untrimmed cuts. Ribs and sausage.

**Poultry:** Breaded and fried. Avoid if commercially prepared.

**Veal:** Untrimmed cuts.



## MILK LIST

**One exchange = 12 grams carbohydrate, 8 grams protein, 0-8 grams fat and 80-150 calories. One exchange is generally 1 cup.**



Dairy foods and some dairy substitutes are sources of calcium, vitamin D and protein. Dairy fat is low in poly-unsaturated fat but high in saturated fat. When following your Mediterranean eating plan, **choose fat-free and low-fat foods.** For higher fat dairy, count the fat like lard on the fat list.

**Note:** When choosing a milk substitute like soy milk, make sure that the substitute is fortified with calcium and vitamin D and check the label for protein content to make sure you are getting at least 6 grams of protein per cup. For sweetened vanilla or chocolate soy milk, count one additional carbohydrate exchange.

**\*\*For chocolate milk and soy milk, count one extra carbohydrate exchange.**

### FAT-FREE AND LOW-FAT MILK: Best Choices

#### 0-3 grams fat per serving

Fat-free milk (1 cup)

½% milk (1 cup)

1% milk (1 cup)

Buttermilk, fat-free or low-fat (1 cup)

**\*\*Chocolate milk, fat-free or low-fat (1 cup)**

Dry milk, fat-free (1/3 cup, dry)

Evaporated fat-free milk (1/2 cup)

Kefir, non-fat or 1-2 grams fat (1 cup – if flavored add 1 starch)

**\*Soy milk, fat-free or low-fat, fortified (1 cup)**

Yogurt, flavored, fat-free and sugar-free (¾ cup or 6 oz)

Yogurt, plain, fat-free or low-fat (¾ cup or 6 oz)

Yogurt, flavored, regular low-fat (6 oz = 1 milk and 2 starch)

### REDUCED-FAT MILK

**5 grams fat per serving (count as 1 milk + 1 fat exchange of lard)**

2% milk (1 cup)

Soy kefir, 4-5g fat (1 cup – if flavored add 1 carb)

**\*Soy milk, regular, fortified (1 cup)**

Soy yogurt (1 cup – if flavored add 1-2 starch)

Yogurt, plain, reduced-fat (1 cup)

### WHOLE MILK

**8 grams fat per serving (count as 1 milk + 1 ½ fats)**

Whole (vitamin D) milk (1 cup)

Evaporated whole milk (1 cup)

Goat or sheep milk (1 cup)

Kefir, plain, whole milk (1 cup – if flavored add 1 starch)

Yogurt, plain, whole milk (6 oz, if flavored add 2 starch)

## SNACKS, SWEETS AND OTHER CARBS

The nutrition label can help you figure out how to count the foods you choose.

1 Carbohydrate Choice or Exchange = about 80 calories and 15 grams of carbohydrate.

1 Fat Choice or Exchange = about 45 calories and 5 grams of fat.

### YOUR BEST CHOICES FOR SWEETS AND SNACKS

1 serving counts as 1 Carbohydrate Choice, unless otherwise noted. Check the recipe packet for new things to try.

#### Fat Free Candy

Gum drops, 6 pieces  
Gummie bears, 10 pieces  
Jelly beans, 8 large  
Jolly Ranchers, 3 pieces  
Life Savers, 8 pieces  
Marshmallows, 3 large  
Peppermint Patties, 2 pieces  
Tastetations hard candy, 3 pieces  
Twizzlers, 3 pieces

#### Fat-Free, Sugar-Free Frozen Desserts

Fudgicles, 2 pops  
Popsicles, 2 pops

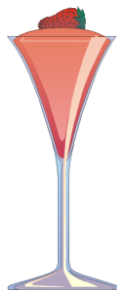


#### Fat-free or Low-fat Frozen Desserts

Ice cream, fat-free, 1/3 cup  
Juice bars, 1 bar  
Sherbet, 1/3 cup  
Sorbet, 100% fruit, 1/3 cup  
Frozen yogurt, 1/3 cup

#### Baked Chips

Potato chips, no-fat added, 10 chips  
Tortilla chips, no-fat added, 15 chips



#### Other Snacks

Angel food cake, 1 oz, 1/12 cake  
Animal Crackers, 8 crackers  
Fat-free brownies, No Pudge brand, 2 inch square  
Fortune cookie, 3  
Gelatin dessert, 1/2 cup  
Gelatin dessert, sugar-free, (free food)  
Ginger snaps, 3 cookies  
Graham crackers, 1 1/2 cracker sheets  
Newtons, fig or other, 1 1/2 newtons  
Popcorn, air-popped, 3 cups  
Pretzels, 1 ounce  
Pudding, fat-free, sugar-free, 1/2 cup  
Pudding, fat-free, 1/2 cup, (2 starch)  
Rice cakes, plain or flavored, 2 large or 6 mini  
Vanilla wafers, fat-free, 5 cookies

## OCCASINAL SNACK CHOICES

Choose a snack from this list **no more than once a day**.

Count as one carbohydrate choice unless otherwise noted



Brownie, homemade with butter or canola oil, 1 x 2 inches

Chocolate candy, ½ ounce

Chocolate candy bar, Fun-Size, 1 bar

Cookie, homemade with butter or canola oil, 1 2-inch cookie

Hershey's Kisses, 3 kisses

Light ice cream, ¼ cup

Malted milk balls, 9 pieces

Pudding, regular with whole milk, 1/3 cup

## AVOID THESE SWEETS, SNACKS AND OTHER CARBS

Most commercially prepared desserts and snacks are made with fats that are high in poly-unsaturated fats, trans fats and saturated fats that should be avoided on your Mediterranean Diet. **ALWAYS CHECK THE FOOD LABEL AND INGREDIENT LIST!** If the ingredients contain a poly-unsaturated fat (soybean oil, corn oil, safflower oil, sunflower oil, vegetable oil, margarine, shortening, partially hydrogenated oil), please make another choice.



Doughnuts

French Fries

Popcorn made with oil or movie style

Potato or Tortilla Chips

Cinnamon Rolls

Commercially prepared cakes

Commercially prepared cookies

Snack Cakes

Sweet Rolls

