

*Primary Care Dietitians' Association Presents*



**Primary Care Dietitians' Association**  
*Blending the Science of Nutrition and the Art of Food*

# The Mediterranean Eating Pattern

*A Practical Guide  
to the MedDiet*



# The Mediterranean Eating Pattern

## *A Practical Guide to the MedDiet*

### A Three Part Video Series

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1. Overview and health benefits of MedDiet
2. How to get started with the MedDiet
3. The MedDiet in multi-cultural contexts, meal makeovers, food swaps, short cuts, and resources



# Mediterranean Eating Pattern

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**MedDiet in  
multi-cultural contexts**

**Food swaps, meal  
makeovers, and short  
cuts**

**Resources**



# The MedDiet in Multicultural Contexts



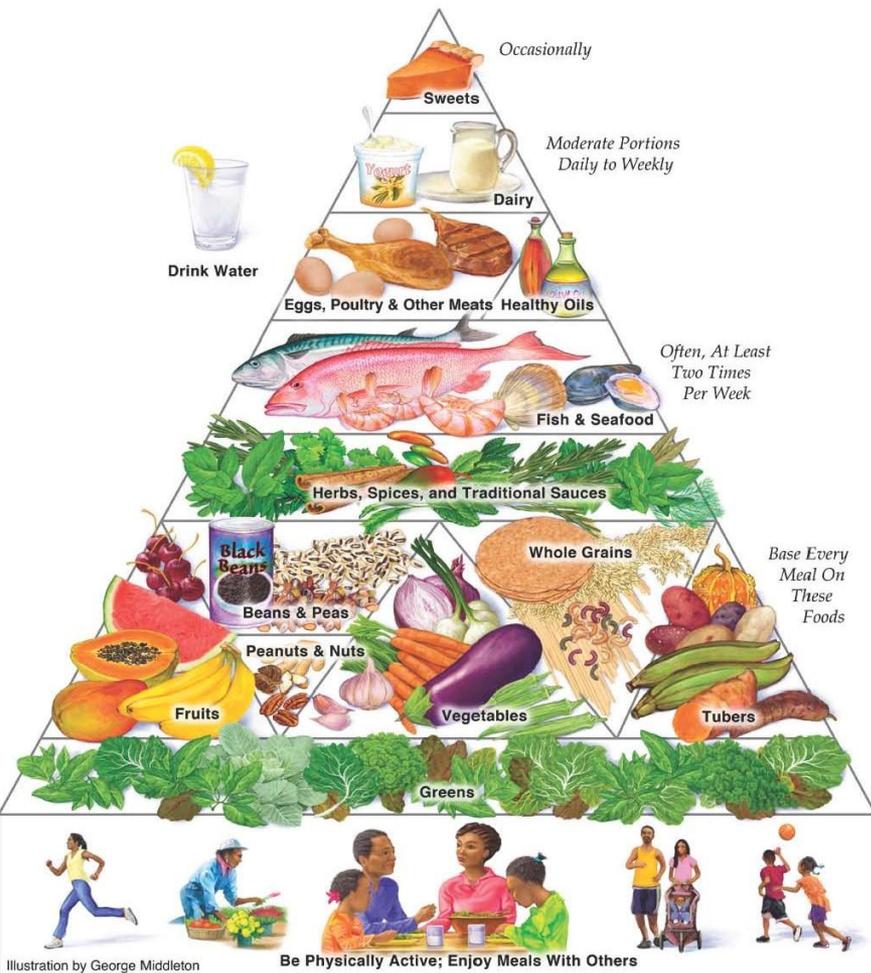
# Common Characteristics

Characteristics of the MedDiet		Asian	Indigenous	Indian
Plant Based	Abundant in fruits and vegetables; whole grains; and legumes, nuts and seeds	Traditional diets are higher in leafy greens, legumes, vegetables, soy foods, whole grains, herbs and spices	Local plant or animal foods through gathering and harvesting	Traditionally higher in plant foods like vegetables, legumes, whole grains, nuts/seeds and fruits, moderate in fermented dairy and low meat intake
Minimally processed	Limits ultra-processed food	Fish, shellfish	Traditional diets are high in animal protein, nutrient rich and low in fat or high in marine fat sources	Vibrant spices and fresh herbs
Limits sweets	Typically fresh fruits	Moderate portions: eggs, poultry, healthy cooking oils.	The physical demands of hunting, gathering, etc were traditionally high	Oils: coconut, peanut, sesame, olive
Uses high-quality fats	Olive oil is the primary source of fat	Infrequent: red meats and sweets		



# Other Traditional Diets

## African Heritage Diet Pyramid



## Asian Diet Pyramid



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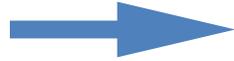
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# Mediterranean Diet Swaps

## Instead of....



## Choose....



Mayonnaise on your sandwich

Hummus

Butter on your toast

Olive oil, nut butter or avocado

Meat in pasta sauce

More vegetables or lentils

Chocolate cake

Baked pear & yogurt sauce

A bagel with jam

Oatmeal with berries or

Greek yogurt with grain/seed mix

Potato chips

Handful of nuts



# Meal Makeovers

## ORIGINAL: SPAGHETTI AND MEATBALLS

Spaghetti and beef meatballs, served with white garlic bread



**Original Nutrition:** Calories: 1030, Total Fat: 59g, Saturated Fat: 20g, Sodium: 3440mg, Carbohydrate: 82g, Fiber: 6g, Protein: 49g

## REMAKE: PASTA PUTTANESCA WITH MIXED OLIVES AND WALNUTS

Salsa frito, whole wheat pasta, herbs, salad



**New Nutrition:** Calories: 440, Total Fat: 22g, Saturated Fat: 2.5g, Sodium: 380mg, Carbohydrate: 56g, Fiber: 3g, Protein: 12g

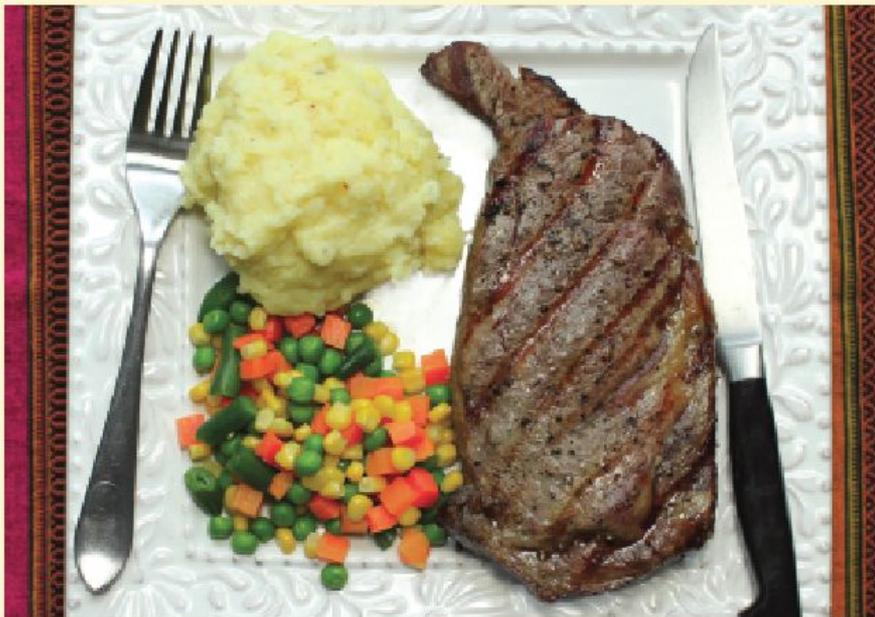
Image source: Oldways



# Meal Makeovers

## ORIGINAL: STEAK AND POTATOES

16-ounce ribeye or T-bone steak, served with mashed potatoes and frozen mixed vegetables



**Original Nutrition:** Calories: 1830, Total Fat: 97g, Saturated Fat: 50g, Sodium: 630mg, Carbohydrate: 93g, Fiber: 5g, Protein: 144g

## REMAKE: SHISH KEBABS

Served on a bed of Bulgur and Walnut Pilaf



**New Nutrition:** Calories: 440, Total Fat: 22g, Saturated Fat: 2.5g, Sodium: 380mg, Carbohydrate: 56g, Fiber: 3g, Protein: 12g

Image source: Oldways



# Meal Makeovers

## ORIGINAL: SCRAMBLED EGGS AND SAUSAGE

Served with buttered white toast



**Original Nutrition:** Calories: 780, Total Fat: 61g, Saturated Fat: 29g, Sodium: 1200mg, Carbohydrate: 26g, Fiber: 0g, Protein: 30g

## REMAKE: SPANISH FRITTATA

Served with avocado toast and fresh fruit



**New Nutrition:** Calories: 370, Total Fat: 24g, Saturated Fat: 4.5g, Sodium: 260mg, Carbohydrate: 25g, Fiber: 4g, Protein: 15g

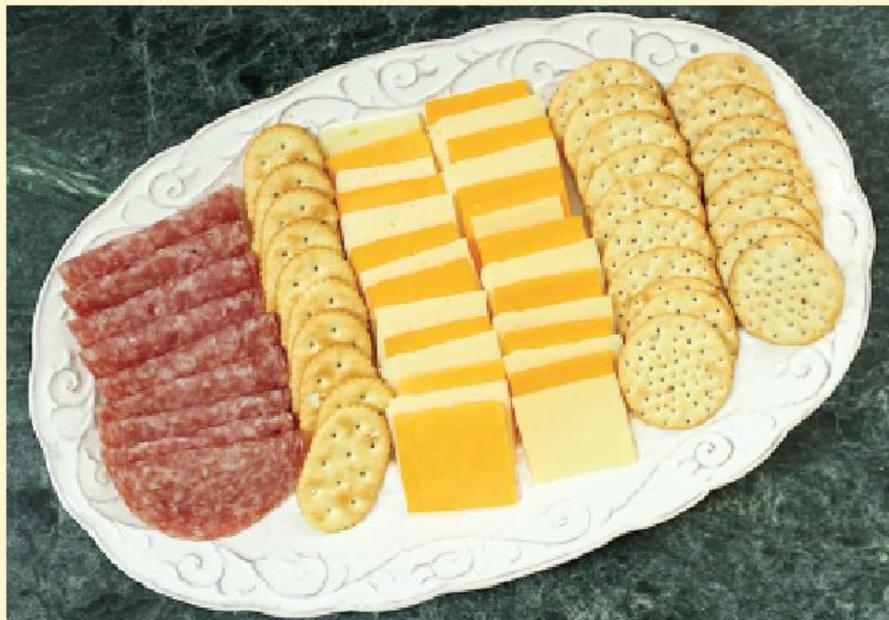
Image source: Oldways



# Meal Makeovers

## ORIGINAL: CHEESE AND CRACKERS

Typical mix of cheeses (cheddar, pepper jack, etc) with crackers and salami



**Original Nutrition:** Calories: 620, Total Fat: 49g, Saturated Fat: 23g, Sodium: 1680mg, Carbohydrate: 14g, Fiber: 0g, Protein: 30g

## REMAKE: ANTIPASTO PLATTER

Roast veg, walnut stuffed dates, dip, pita



**New Nutrition:** Calories: 340, Total Fat: 22g, Saturated Fat: 4g, Sodium: 550mg, Carbohydrate: 35g, Fiber: 6g, Protein: 8g

Image source: Oldways



# MedDiet Short Cuts

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- ❑ Keep your pantry full
- ❑ Simplify by planning your main meals in advance
- ❑ Prep veggies ahead
- ❑ Prep whole grains in batches
- ❑ Have planned leftovers for lunch the next day
- ❑ Use your freezer



# MedDiet Short Cuts

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- ❑ Make a meze (appetizer type dish)
- ❑ Cook larger amounts and repurpose leftovers the next day
- ❑ Eat whole fruit or buy diced fruit or frozen fruit to save time
- ❑ Keep breakfast simple with no cooking
- ❑ Embrace canned legumes (beans, lentils, chickpeas)
  - drain and rinse
- ❑ Use frozen vegetables



# MedDiet Recipe Generator

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<https://oldwayspt.org/recipes> (use the filters to refine search for Mediterranean Diet and 'course' or 'meal' or search for ingredients)

<http://www.pulsecanada.com/resources/> (Pulses: beans, peas, lentils)

<http://ontariobeans.on.ca/> (all about beans)

<https://www.olivetomato.com/recipe-index-2/> (Greek food)

<https://www.lentils.org/recipes-cooking/> (all about lentils)

<https://www.cookinglight.com/cooking-101/mediterranean-diet-recipes>

Google: 'healthy Mediterranean Diet recipes'



# Mediterranean Eating Pattern

Find lots of resources, menu plans and recipes at:  
<http://oldwayspt.org/traditional-diets>



# Questions?



# Thank you for joining!



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For more Mediterranean Diet resources please visit:  
<https://primarycaredietitianassociation.org/resources/public-resources/>

