

Mediterranean Tips for Better Health

The Mediterranean diet is a healthy way of eating. It is based on foods from countries like Greece, Italy, and Spain. This way of eating may help slow kidney disease and support overall health.

What to enjoy:

- **Vegetables:** Try filling half your plate with colorful vegetables like tomatoes, spinach, broccoli, or zucchini. Fresh or lightly cooked is best.
- **Fruits:** Enjoy 1–2 servings each day, such as berries, oranges, apples, or figs. Great as snacks or a healthy dessert.
- **Whole Grains:** Try brown rice, quinoa, or whole-wheat bread instead of white bread or pasta.
- **Healthy Fats:** Try olive oil instead of butter. Add a small handful of nuts (like almonds or walnuts) or seeds each day.
- **Fish & Seafood:** Aim for about 2 servings per week. Try salmon, sardines, or shrimp.
- **Legumes:** Try eating beans, lentils, or chickpeas a few times a week for protein and fiber.
- **Herbs & Spices:** Flavor foods with garlic, basil, oregano, or rosemary instead of salt.

Foods to Eat in Smaller Amounts?

- **Poultry & Eggs:** Chicken or turkey a few times a week. Eggs can be used as a protein option.
- **Dairy:** Small amounts of yogurt or cheese (like Greek yogurt or feta) daily or weekly.

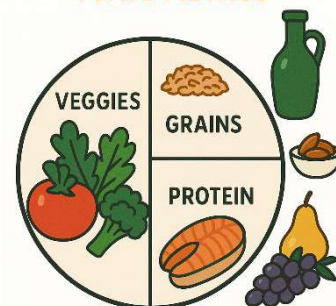
What to eat the least of:

- **Red Meat:** Try to limit to twice a month. Think of it as an occasional choice.
- **Sweets:** Enjoy sugary desserts and processed snacks only on special occasions.
- **Processed Foods:** Try cutting back on packaged meals, fast food, and foods with long ingredient lists.

Tips for Success:

- **Cook with Olive Oil:** Try using it for cooking, dressings, or dipping bread.
- **Eat Seasonally:** Choose fresh, local produce when you can.
- **Share Meals:** Enjoy food with family or friends—it's *part of the Mediterranean way!*
- **Stay Active:** Try pairing this diet with daily movement, like walking or gardening.
- If you are diabetic, try to limit your carbohydrate intake to $\frac{1}{4}$ of your plate with meals.

PLATE METHOD



Mediterranean Diet Sample Meals and Snacks*

BREAKFAST

- Rolled oats made with milk or water, topped with fruit, honey, or nuts
- Greek yogurt with fruit and nuts
- Whole-grain cereal with milk or yogurt
- Whole wheat toast with olive oil and ricotta, cottage cheese, or feta
- Eggs with tomato and herbs (boiled, scrambled, or poached)
- Toast with baked beans



LUNCH

- Salad with spinach, tomato, beans, and olive oil
- Whole wheat sandwich, wrap, or pita with fish, beans, hummus, or chicken
- Whole wheat pasta with vegetables and tomato sauce (or beans instead of meat)
- Grilled fish with salad and quinoa



DINNER

- Vegetable soup with lentils or chickpeas
- Grilled, baked, or stir-fried chicken with vegetables and whole grains
- Homemade pizza on whole wheat crust with vegetables and olive oil
- Small portion of lean meat or chicken with vegetables and beans
- Lentil soup with vegetables and whole grain bread



SNACKS

- Handful of nuts or seeds
- Fresh fruit
- Vegetable sticks with hummus or tzatziki
- Greek yogurt
- Whole wheat bread or crackers with olive oil or pesto
- Avocado on toast or crackers
- Boiled egg or small amount of cheese with whole grain bread



Small, simple choices like these can help you build healthy eating habits over time.

**Before trying, ask your dietitian or doctor to see if you are on a potassium restricted diet.*



For general nutrition coaching, education, and referral support only; not for nutrition diagnosis or individualized therapeutic nutrition planning.