



Don't let the Mediterranean diet be intimidating!

- Try including just one meal a day or one day a week following the Mediterranean diet.
- Gradually, you may find yourself including more and more foods from the diet.
- To the right is an example of what eating the Mediterranean way might look like for one day.

Mediterranean Diet Sample One Day Menu

Breakfast	<p>1 cup cooked oatmeal</p> <p>Top with: 1/2 sliced banana, 2 Tbsp. chopped walnuts, 1 tsp. honey</p>
Snack	1 oz. cheese and whole wheat crackers
Lunch	<p>2 cups mixed greens with:</p> <p>2 oz. broiled salmon, 1/2 cup grape tomatoes, 1/4 cup sliced red onion, 1/4 cup, sliced cucumbers, tossed with 1-2 Tbsp. olive oil and some balsamic vinegar, salt and pepper to taste.</p> <p>1/2 whole-wheat pita bread with 1/4 cup hummus</p> <p>1/2 cup grapes</p>
Snack	1 oz. pistachios
Dinner	<p>Pasta primavera with:</p> <p>1 cup whole wheat penne pasta (or 1/2 cup whole grain of choice, such as farro, wheat berries, or barley), 2 cups roasted vegetables, and 2 ounces diced chicken breast, tossed with 2 Tbsp. olive oil, crushed garlic, herbs, and lemon juice</p> <p>3/4 cup berries over 1/2 cup plain yogurt</p> <p>One 5 oz. glass red wine</p>

