

Client Name _____ Date _____

RDN/NDTR _____

Email _____ Phone _____

General, Healthful Mediterranean Diet Nutrition Therapy

Your registered dietitian nutritionist (RDN) or physician has recommended you follow the general, healthful Mediterranean diet because you want to reach and stay at a healthy weight and/or improve your overall health.

This diet emphasizes nutritious foods that provide essential vitamins, minerals, and other naturally occurring compounds that promote good health. These foods are high in fiber and contain healthy fats (see Tips for more information). Compared to many other diets, the general, healthful Mediterranean diet may be lower in calories, sodium, added sugars, and saturated fat.

In addition to the general information presented here, your RDN may make recommendations just for you based on your needs or personal and cultural preferences.

- This diet emphasizes healthy fats, such as olives and olive oil, avocados, nuts, and seeds.
 - Less healthy fats are limited. Less healthy fats include certain red meats and dairy products and processed foods like donuts and other baked goods.
- The primary sources of protein in this diet are seafood, legumes, and nuts.

Tips

Here are some general tips for making healthy choices:

- Every day, eat a variety of fresh fruits and vegetables in a variety of colors.
 - Be sure to include lots of dark green, red, and orange vegetables.
- Choose whole grains for at least half your day's grain servings. Read labels to make sure the product is made from 100% of the grain.
 - Whole wheat
 - Brown rice
 - Oats
 - Barley

- Bulgur
- Cornmeal
- Get your protein mainly from seafood, beans, peas, lentils, nuts and nut butters, and seeds and seed butters.
 - You can also get protein from these other sources but they should be limited to small amounts:
 - Lean red meat
 - Poultry
 - Eggs
 - Fat-free and low-fat milk and yogurt
 - Cheese
- Focus on heart-healthy fats.
 - Avocados
 - Olives and olive oil
- Read product labels to help you avoid foods and beverages with added sugar, sodium, saturated fats, and trans fats.

Foods Recommended

The following foods in the recommended portion sizes are good choices for a general, healthful Mediterranean diet. Your RDN may make individualized portion size recommendations based on your needs.

Food Group	Foods Recommended
Grains	<p>Whole wheat, barley, rye, buckwheat, corn, teff, quinoa, millet, amaranth, brown and wild rice, sorghum, and oats; focus on intact cooked whole grains (1/2 cup cooked serving size)</p> <p>Whole grain bread (1 slice), rolls (1), prepared breakfast cereals (1 cup), crackers (1 ounce), and pasta (1/2 cup) made from whole grains that are low in added sugars, saturated fat, and sodium (read product labels)</p>
Protein Foods	<p>Fresh, frozen, or canned seafood (2-3 ounces), including fish, shrimp, lobster, clams, and scallops a few times per week.</p> <p>Fatty fish, such as tuna, salmon, herring, and sardines</p> <p>Unsalted legumes (1/2 cup cooked), such as dried beans, lentils, or peas at least a few times per week</p> <p>Eggs (1)</p> <p>Unsalted nuts and seeds (1 ounce), such as peanuts, walnuts, almonds, pistachios, and sunflower seeds, several times per week.</p> <p>Nut and seed butters (2 tablespoons), such as peanut butter, almond butter, and sunflower seed butter</p> <p>Fresh or frozen poultry (2-3 ounces), including skinless chicken or turkey, limited to a few servings per week</p> <p>Fresh or frozen red meat (2-3 ounces), including lean, trimmed cuts of beef, pork, or lamb, limited to a few times per month</p>
Dairy	<p>Low-fat or fat-free milk (1 cup), yogurt (1 cup, low in added sugars), cottage cheese (1/2 cup), and cheeses (1 ounce)</p> <p>Frozen desserts (1/2 cup) made from low-fat milk and are low in added sugars (for example, on a 2000 calorie diet, the limit for added sugar would be 12 teaspoons per day)</p> <p>Fortified soymilk (1 cup)</p>
Vegetables	<p>A variety of fresh, frozen, and canned (unsalted) whole vegetables (1/2 cup cooked or 1 cup raw), including dark-green, red and orange vegetables, legumes (beans, lentils, and peas), and starchy vegetables</p>

	Low-sodium vegetable juices (1 cup)
Fruits	A variety of fresh, frozen, canned (1/2 cup) and dried (1/4 cup) whole unsweetened fruits, canned fruit packed in water or fruit juice without added sugar 100% fruit juice (1/2 cup), limited to one serving per day
Oils and Fats	Unsaturated vegetable oils (1 teaspoon), including olive and peanut Margarines and spreads (1 teaspoon) that list liquid vegetable oil as the first ingredient and do not contain trans fats (check label to make sure “partially hydrogenated oil” is not listed in the ingredients) Use all oils and fats in moderation, up to five servings per day
Beverages	Coffee, tea (unsweetened), water, 100% fruit juice (1/2 cup, up to one serving per day) Avoid sweetened beverages, including soda, sweetened tea, sports drinks, energy drinks, and coffee drinks
Other	Prepared foods, including soups, casseroles, salads, baked goods, and snacks made from recommended ingredients, with low levels of added saturated fat, sugars, or salt

Foods Not Recommended

Limit or avoid the following foods.

Food Group	Foods Not Recommended
Grains	<p>Sweetened, low-fiber breakfast cereals (less than 2 grams of fiber per serving)</p> <p>Products that list “refined” ingredients on the label:</p> <p>Packaged baked goods</p> <p>Snack crackers, cheese crackers, butter crackers, chips</p> <p>Breads such as biscuits, frozen waffles, sweet breads, doughnuts, pastries, packaged baking mixes, pancakes, cakes, and cookies</p>
Protein Foods	<p>Red meat, poultry, or eggs in excess of a few servings per week</p> <p>Marbled or fatty red meats (beef, pork, lamb), such as ribs</p> <p>Processed meats, such as bacon, sausage, and ham</p> <p>Poultry (chicken and turkey) with skin</p> <p>Fried meats, poultry, or fish</p> <p>Deli meats such as pastrami, bologna, or salami (made of beef, pork, or poultry)</p> <p>Fried eggs</p> <p>Salted legumes, nuts, seeds, or nut/seed butters (choose unsalted options)</p> <p>Fish with a greater risk of contamination: king mackerel, shark, and tilefish</p>
Dairy	<p>Whole milk, cream, sour cream</p> <p>Cheeses made from whole milk</p> <p>Yogurt or ice cream made from whole milk or with added sugar</p> <p>Cream cheese made from whole milk</p> <p>Fried cheeses</p>
Vegetables	<p>Canned or frozen vegetables with salt</p> <p>Fresh vegetables prepared with salt</p>

	<p>Fried vegetables</p> <p>Vegetables in cream sauce or cheese sauce</p> <p>Tomato or pasta sauce with high levels of salt or sugar</p>
Fruits	Fruits packed in syrup or made with added sugar
Oils	<p>Solid shortening or partially hydrogenated oils</p> <p>Solid margarine made with hydrogenated or partially hydrogenated oils</p> <p>Margarine that contains trans fats</p> <p>Butter</p>
Beverages	Sweetened drinks, including sweetened coffee or tea drinks, soda, energy drinks, and sports drinks
Alcohol	If you choose to drink, no more than 1 drink per day for women and no more than 2 drinks for men: 5 ounces wine, 12 ounces beer, 1.5 ounces spirits
Other	<p>Sugary and/or fatty desserts (donuts, pastries, cookies, cakes), candy, and other sweets</p> <p>Salt and seasonings that contain salt</p> <p>Fried foods</p>

Notes:

General, Healthful Mediterranean Sample 1-Day Menu

Meal	Menu
Breakfast	2 slices whole grain bread with: 1 teaspoon olive oil 2 slices tomatoes 1 ounce feta cheese 1 orange 1 cup unsweetened coffee or water
Lunch	1 cup lentil vegetable soup ½ cup tabouleh (parsley, bulgur salad) ½ of a whole grain pita ½ cup hummus ½ cup cucumber slices ¼ cup olives 1 cup unsweetened tea
Dinner	3 ounce grilled fish 1 cup whole grain pasta with: ¼ cup marinara sauce, ¼ cup fresh basil 1 ounce almonds ½ cup sautéed eggplant 1 cup spinach or romaine salad 1 tablespoon olive oil ½ cup grapes
Snack	1 cup Greek yogurt with ½ cup figs

Notes:

Sample Meal Plan

[RDN: Use this form to develop an individualized meal plan.]

Meal	Menu
Breakfast	
Lunch	
Dinner	
Snack	

Notes: