

The Mediterranean Plan

Four steps, every box checkable. Print it, fridge it, take it to the store.

400 GRAMS · FRUIT AND VEG A DAY,
THE WHO ADULT MINIMUM

CHECKED AGAINST
MAYO CLINIC · CLEVELAND CLINIC · WHO

1 MAKE EXTRA VIRGIN OLIVE OIL THE MAIN FAT

- **Swap first:** butter and margarine out, extra virgin olive oil in.
- **On bread:** nut or seed spreads instead of butter.
- **Also fine:** canola, safflower and sunflower oil for high heat cooking.

2 BUILD EVERY PLATE AROUND THE SEVEN

- **The seven:** vegetables, fruit, whole grains, beans, nuts and seeds, olive oil, herbs.
- **Daily:** 4+ servings vegetables and 2 to 3 servings fruit.
- **Grains:** at least 3 oz whole grain a day. Bulgur, barley and farro count.

3 PUT FISH ON THE TABLE TWICE A WEEK

- **2 to 3 times a week,** 3 to 5 oz a serving, about a deck of cards.
- **Fatty fish:** salmon, mackerel, herring, sardines, anchovies.
- **Never deep fried,** and choose fish low in mercury.

4 SHRINK THE RED MEAT, KEEP THE FLAVOR

- **Swap in** fish, poultry or beans. Keep any meat lean and the portion small.
- **Eggs:** no more than four whole eggs a week.
- **Herbs and spices** carry the flavor so you need less salt.

HOW OFTEN, BY FOOD

Veg, fruit, grains	DAILY
Olive oil	DAILY
Fish, beans, nuts	WEEKLY
Yogurt, cheese	MODERATE
Red meat	LIMIT
Added sugar	LIMIT

ABOUT THE WINE

If you do not drink, do not start. If you do, one glass with a meal, and not every day.

BEYOND THE PLATE · YOUR NUMBERS, YOUR CART, YOUR WHY

YOUR WEEKLY TARGETS - circle your row

FOOD	HOW OFTEN	ONE SERVING
Vegetables	4+ a day	1 cup raw
Fruit	2 to 3 a day	1 medium
Fish	2 to 3 a week	3 to 5 oz
Nuts	4 a week	1/4 cup

These are food targets. The 400 gram figure is the WHO daily minimum for fruit and vegetables together.

THE CART LIST - the seven it is built on

Vegetables	fresh or frozen	every day
Fruit	whole, not juice	every day
Whole grains	bulgur, barley, farro	every day
Beans and pulses	lentils, chickpeas	a few times a week
Nuts and seeds	raw, unsalted	4 servings a week
Extra virgin olive oil	the main fat	every day

Herbs and spices are the seventh. They are what let you cut the salt without losing the meal.

WHAT THE PATTERN IS LINKED TO - why the habit is worth it

✓ Lower cholesterol	✓ Lower blood pressure
✓ Less inflammation	✓ Lower heart disease risk
✓ Lower stroke risk	✓ Healthier aging

Following the pattern long term is what the research links to heart benefit; a week of it is not the point (Mayo Clinic).