**BASICS OF THE MEDITERRANEAN DIET**

**TWO-THIRDS OF CHRONIC DISEASES CAN BE PREVENTED BY LIFESTYLE CHANGES, SPECIFICALLY DIET AND EXERCISE. LEARN MORE ABOUT THE "MED WAY" BELOW:**

**7 Simple Ways for Eating the Med Way:**

1. **Change Your Protein**
   a. Eat fish and seafood at least two to three times per week. Include fatty fish, such as mackerel or salmon at least once a week. Eat fried fish only occasionally.

2. **Swap Your Fats**
   a. Replace solid fats such as butter or margarine with olive oil or canola oil.

3. **Eat More Vegetables**
   a. Get at least three servings (three cups) of vegetables per day. Eat more dark green leafy vegetables such as collards, kale, spinach, chard, and turnip greens.

4. **Eat More Fruit**
   a. Get at least two servings (two cups) of fruits per day; Include berries often.

5. **Snack on Nuts and Seeds**
   a. Choose at least three ounces (three small handfuls) of nuts and seeds per week, while keeping within your calorie budget.

6. **Make Your Grains Whole**
   a. Eat grains as grains. Choose whole grains such as oatmeal, quinoa, brown rice, and popcorn.

7. **Rethink Your Sweets**
   a. Choose no more than three servings per week of high-sugar foods and drinks such as sugar-sweetened snacks, candies, desserts, or beverages.

Resource: https://medinsteadofmeds.com/

For more details, contact the Dickinson County Extension Office at 785-263-2001 or at 712 S. Buckeye Avenue, Abilene, KS 67410

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MEDITERRANEAN DIET RECIPES

CUCUMBER AVOCADO SALAD

Serves 4
Serving Size: 1 cup
Prep Time: 15 minutes
Chill Time: 1 hour
Total Time: 1 hour 15 minutes

Ingredients:
1 avocado, diced
1 English cucumber, peeled and diced
4 tablespoons finely chopped fresh dill
12 cherry tomatoes, cut in half
3 tablespoons white balsamic or white wine vinegar
1 teaspoon salt

Directions:
- Mix all ingredients together, using clean hands
  mix to slightly macerate the avocados. You can
do this in a zip top plastic bag or in a bowl.
- Chill for at least 1 hour before serving.

Nutrition Information per Serving:
Vegetables: 1 cup
Fruits: 0 cups
Calories: 81 calories
Carbohydrates: 8 grams
Fiber: 3 grams
Protein: 2 grams
Fat: 5 grams
Sodium: 591 mg

MICROWAVE BAKED APPLES

Serves 2
Serving Size: 1 apple
Prep Time: 5 minutes
Cook Time: 4 minutes
Cool Time: 2 minutes
Total Time: 11 minutes

Ingredients:
2 apples
2 tablespoons brown sugar
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg

Directions:
- Core the apple, leaving the bottom intact.
- In a bowl, mix brown sugar, cinnamon, and
  nutmeg. Spoon the sugar mixture into the apples.
- Place the apples in a deep casserole dish and
  cover with the lid.
- Microwave for 3½ – 4 minutes or until tender.
- Let the apples sit for 2 minutes before serving.

Nutrition Information per Serving:
Vegetables: 0 cups
Fruits: 1¼ cups
Calories: 133 calories
Carbohydrates: 34 grams
Fiber: 4 grams
Protein: 0 grams
Fat: 1 gram

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