WELCOME
Thank you for joining in!

- Sit back and relax..... We’ll get started at 5:30pm
- Please mute yourself by clicking on the bottom left button (microphone symbol) to avoid background noise.
- Have questions during the presentation? Please type them in the chat and we’ll go over them at the end.
MEDITERRANEAN DIET: MED INSTEAD OF MEDS

K-STATE RESEARCH AND EXTENSION: DICKINSON COUNTY
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MORE THAN A FLAVOR- IT’S A LIFESTYLE!

- Eating the Mediterranean way is not only healthy, it is delicious and satisfying. Foods that you once thought of as too high in fat or unhealthy, including nuts, olive oil, olives, and whole grains, become an everyday part of your diet.
Mediterranean Diet

This diet is typically high in vegetables, fruits, whole grains, beans, nut and seeds, and olive oil. The main components of Mediterranean diet include:

- Daily consumption of vegetables, fruits, whole grains and healthy fats
- Weekly intake of fish, poultry, beans and eggs
- Moderate portions of dairy products
- Limited intake of red meat
PAN VS PILLS
Typical Italian or Greek dishes are NOT always consistent with eating the Med Way.

- High in Meat
- White Flour and Meat
- White Flour and Cheese
- Highly Processed Foods w/ Olive Oil
Benefits of the Mediterranean Diet

- Decreases the risks of some forms of cancer
- More effective than a low-fat diet
- Protects against cognitive decline
- May improve eye health
- Decreases risk of type 2 diabetes
- Help manage blood pressure
- Can reduce cardiovascular disease
7 Steps to Eat the Med Way

1. Change Your Protein
2. Swap Your Fats
3. Eat More Vegetables
4. Eat More Fruit
5. Snack On Nuts
6. Make Your Grains Whole
7. Rethink Your Sweets
1: Change Your Protein

Protein choice continuum:
- EAT MORE: Beans, nuts, and seeds, Fish and seafood, White-meat poultry, Eggs and fat-free dairy, Lean meat, Dark-meat poultry, Higher-fat dairy, Higher-fat meat, Highly processed meat
- EAT LESS: Fish and seafood, White-meat poultry, Eggs and fat-free dairy, Lean meat, Dark-meat poultry, Higher-fat dairy, Higher-fat meat, Highly processed meat
2: Swap your Fats

What we know for sure:

- Replacing saturated fat with refined carbohydrates does not decrease risk of chronic disease.
- Replacing saturated fat with poly/mono unsaturated fat has positive health benefits.
- Consumption of a low-fat diet is not associated with a decreased risk of chronic disease nor is it associated with lower weight.
- There is no safe level of trans fat.
2: Swap Your Fats

Where does mayonnaise fit on the continuum? It depends on what type of fat is used to make it.
3: Snack on Nuts or Seeds

- Choose a Variety:
  - Add them to foods you already eat.
  - Top salads, grains, and fruit.
  - Make them your go-to snack.
4 & 5: Eat More Fruits and Vegetables

Data reveals as fruit and vegetable intake goes up, weight goes down.

**Weight Busters that help with obesity:**
- Berries
- Apples/Pears
- Cruciferous vegetables
- Green Leafy vegetables
- All other fruits and
- non-starchy vegetables
6: Make Your Grains WHOLE

Carbohydrate choice continuum

- Fruits, vegetables, and legumes (EAT MORE)
- Unprocessed whole grains (EAT MORE)
- Lightly processed whole grains without added sugar (EAT MORE)
- Foods made with whole grains and without added sugar (EAT MORE)
- Pasta made with refined grains (EAT LESS)
- Foods made with refined grains (EAT LESS)
- Foods and beverages high in added sugar (EAT LESS)

*Choose 100% whole grains.
7: Rethink Your Sweets

SUGAR: Making us sick

Heart disease
Non-alcoholic fatty liver disease
Diabetes
Obesity
Tooth decay
Metabolic syndrome
- Higher blood pressure, blood sugar, triglycerides
- Lower “good” cholesterol
- More belly fat
Gout

The American Heart Association recommends that women have no more than 6 teaspoons and men no more than 9 teaspoons of added sugar per day.

SUGAR: Too much of a sweet thing

What we should eat/drink
6 teaspoons of added sugar recommended for women per day
9 teaspoons of added sugar recommended for men per day

What we actually eat/drink
23 teaspoons of added sugar consumed by average American per day
15 teaspoons of added sugar in a 20-oz soda

Tips to avoid added sugar on food labels:
- Much of the sugar that we eat is in processed foods, some of which may not even be sweet:
  - Limit sweets, sugary beverages, and foods high in added sugar.
  - Choose foods in their natural forms as opposed to highly processed foods.
  - Choose unsweetened versions of yogurt and oatmeal and add only a touch of sweetness.
其他方面的地中海饮食：
- 与朋友和家人一起吃饭 - 为了享受。
- 体育活动
- 限制加工食品

资源
地中海代替药物
- https://medinsteadofmeds.co
地中海饮食：心脏健康饮食计划
Thank you for joining me this evening!

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