

MED instead of
MEDS
for **BETTER HEALTH**

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.

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NC STATE EXTENSION

2/3

Chronic disease that can be prevented by lifestyle changes, specifically diet and exercise.

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People feel **STUCK**.

Feel eating healthy is:
TOO HARD
TOO CONFUSING
TOO EXPENSIVE
NOT DELICIOUS

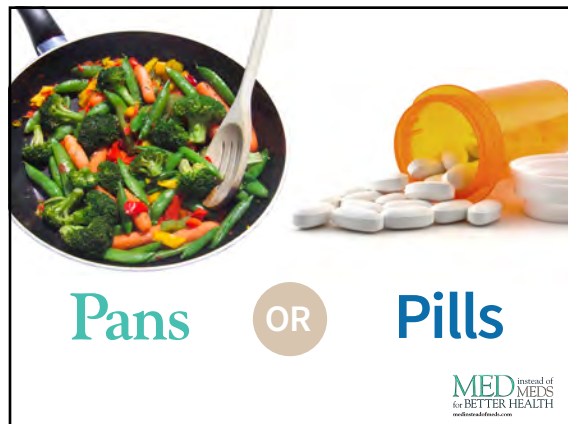
"I DON'T HAVE TIME. REALLY, I DON'T HAVE TIME."

CULINARY literacy is at an all-time low.

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Eating the Med Way is **NOT** about a flavor profile.

INDIAN

MEXICAN

DELICIOUS

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Typical Italian or Greek dishes are **NOT** always consistent with eating the Med Way.

White Flour and Meat

High in Meat

White Flour and Cheese

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NOT what we are talking about...

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Cook and eat **REAL** food.

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Don't get hung up on magical ingredients. The magic is in all of the food choices that make up the Mediterranean way of eating.

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The **MAGIC** is here – in all the food choices that make up the Med Way of eating.


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DASH Diet

Original DASH was lower in fat than Med. New DASH is closer (but still not as high in healthy fat) to what is recommended in Med.


DIETARY GUIDELINES FOR AMERICANS 2015-2020 EIGHTH EDITION

The new Dietary Guidelines include the Healthy Mediterranean-Style Pattern that has been modified to reflect eating patterns that have been associated with positive health outcomes in studies of Mediterranean-Style diets.





Why should you **GO MED?**





 Eating the Med Way decreases the risk of some forms of cancer.

CANCER



 Research shows that a Mediterranean Diet/Med Way of Eating is better than a low-fat diet for **WEIGHT LOSS**.


MED > 




 **The Med Way**

- Better than low-fat for weight loss in overweight and obese individuals
- Higher fat (up to 42% total dietary fat) did not increase weight






Nearly 9 out of 10 people are worried about consuming dietary fat



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We must abandon the notion that low-fat leads to less weight gain!




The Med Way protects against **COGNITIVE DECLINE** by protecting the small blood vessels in the brain.


40% lower risk of developing **Alzheimer's** when you Go Med.




Mediterranean Diet Western Diet






FROM "BRAIN FOOD"/AVERY





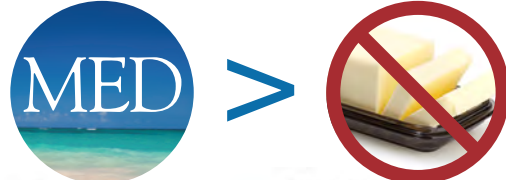
The Med Way may improve eye health including decreasing the risk of macular degeneration.



The Med Way decreases the risk of type 2 diabetes.



Research shows that a Mediterranean Diet/Med Way of Eating is better than a low-fat diet for **DIABETES**.





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 Eating the Med Way can help manage blood pressure.




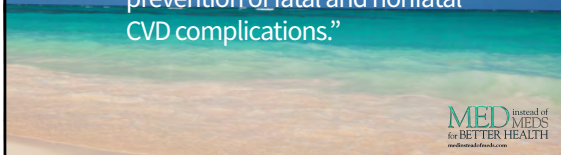
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 The Med Way can reduce the risk of cardiovascular disease as much as 30%–60%.



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 “...in terms of evidence-based medicine, the full adoption of a modern version of the Mediterranean diet pattern can be considered one of the most effective approaches for the prevention of fatal and nonfatal CVD complications.”



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 Consuming 9 or more servings of fruits and vegetables resulted in a 60% reduction in CVD.



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Eating the
MED
Way

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What sets the Med Way apart from other diet patterns?

 Simple  Delicious  Satisfying

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How can you 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


7 Steps to Eat the Med Way




1 Change your PROTEIN

7 Steps to Eat the Med Way




Take Steps to CHANGE your PROTEIN



- Limit meat (beef, pork, lamb)
- Limit/eliminate processed meat
- Choose poultry often
- Increase fish
- Increase plant protein
- Med Way dairy and eggs

Changing your protein is arguably the most impactful dietary change you can make.



Limit Meat (Beef, Pork, Lamb)


Amounts suggested to GO MED vary.

We recommend no more than **2-3 times per month** with serving size of 4-6 ounces. **Less is even better.**

Changing your protein is arguably the most impactful dietary change you can make.

More fish – More plants

Change Your PROTEIN: Limit Meat



MED Tips

Add half vegetables to ground meat.




Mushroom Beef Burger



Mushroom Beef Taco

Change Your PROTEIN: Limit Meat




MED Tips

Greatly limit or eliminate processed meats.


Use LESS bacon in recipes. Freeze bacon and use it one piece at a time.

Change Your PROTEIN: Limit/Eliminate Processed Meat



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Eat Fish 2-3 Times per Week
 Make at least one high-fat fish such as salmon





Salmon Burger





Pasta with Tomatoes and Shrimp




Fish Taco with Avocado Mango Salsa


Change Your PROTEIN: Increase Fish

Change Your PROTEIN: Increase Plant Protein



EAT MORE → **EAT LESS**




Protein choice continuum

2 Swap your FATS





7 Steps to Eat the Med Way



It's FAT FREE!





Replaced Fat with Refined Carbohydrates


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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.





BENEFIT			HARM
POLYUNSATURATED	MONOUNSATURATED	SATURATED	TRANS
Seafood Omega 3 	Plant Omega 3 	Plant Omega 6 	




Oil Comparison

	Monounsaturated Fat	Polyunsaturated Fat	Saturated Fat
Coconut	6	2	92
Palm kernel	12	2	86
Palm	38	10	52
Beef fat	44	4	52
Chicken fat	47	22	31
Sunflower	20	69	11
Safflower	14	79	7
Grapeseed	17	73	10
Wheat germ	16	64	20
Walnut	24	67	9
Soybean	25	60	15
Corn	25	62	13
Sesame	41	44	15
Peanut	48	34	18
Canola	62	31	7
Almond	73	19	8
Olive	78	8	14
Hazelnut	82	11	7





Nearly 9 out of 10 people are worried about consuming dietary fat




MED Tips

- Dress salads with olive oil based dressings.
- Drizzle hummus or other dips with olive oil.




Summer Green Bean Salad




White Bean Hummus

Swap your FAT: Drizzle/dress—use oil




MED Flips

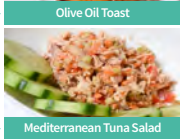
- Replaced bacon fat with **oil**.
- Replaced butter with **olive oil**.
- Replaced mayonnaise with **olive oil**.



Sautéed Squash & Onions




Olive Oil Toast



Mediterranean Tuna Salad

Swap your FAT: Replace solid fat with oil



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Tips



- Buy olive oil in appropriate sized containers so that you use it within 30-60 days.
- Find an olive oil bottle that fits your needs and cooking style—keep it near your prep area.
- Store away from light and heat.

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5 Snack on **NUTS AND SEEDS**



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Choose
a variety.



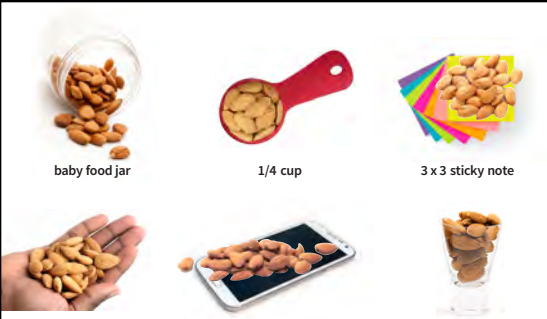
Pick your favorite—all have health benefits.

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Aim for 3 ounces
of nuts and seeds
per week.

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baby food jar 1/4 cup 3 x 3 sticky note

handful smartphone shot glass

1-2-3: 1 ounce of almonds is 23 almonds

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Take Steps to **EAT MORE NUTS AND SEEDS**

MED
Flips


- Add to salads and grains.
- Top fruit with healthy nuts or seeds.
- Snack on nuts and seeds.



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3 4 Eat more FRUITS and VEGETABLES



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The one thing upon which most dietary patterns, nutrition experts, and medical professionals CAN AGREE...

Eat more fruits and vegetables.



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Large data set revealed: as fruit and vegetable intake goes up, weight goes down.

Fruit and vegetable intake ↑

Weight ↓

Weight Busters

- Berries
- Apples/Pears
- Cruciferous vegetables
- Green Leafy vegetables
- All other fruits and non-starchy vegetables

Not so much!
Corn and potatoes—**NOT** protective

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Our diet should be built around fruits and vegetables.



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WHY don't we eat more fruits and vegetables?



- Cost
- Hard to cook
- Don't like them or like other things better

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Make Fruits and Vegetables:

- Cost effective
- Convenient
- Cravable



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MED Tips Cost Effective
Buy on sale. Be flexible.

Don't let buying organic or exotic fruits and vegetables keep you from eating more!

Eat more fruits and vegetables

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MED Tips Cost Effective
Buy in season.

CSA—maybe Farmer's Market

Eat more fruits and vegetables

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MED Tips Cost Effective
Buy canned or frozen.

Eat more fruits and vegetables

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MED Tips Convenient Prep, prep, prep.

- Single serve bags
- Fruit washed and ready to go
- Fruit and vegetables cut up/peeled in lunch
- Pre-prepare salad and other vegetables

Get help from a family member.

Eat more fruits and vegetables

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MED Tips Convenient Prep, prep, prep.

Vegetable Omelet Omelet prep: cook vegetables for omelets

Simple Stir Fry Stir fry mix: prep 3-5 vegetables for stir fry

Oatmeal prep: fruit ready to top oatmeal

Get help from a family member.

Eat more fruits and vegetables

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How far you take “prep” is up to you. Ingredients OR Meals

Eat more fruits and vegetables

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MED Flips Cravable
ADD FLAVOR with Oil and Seasonings




Boring Steamed Green Beans

or



Summer Green Bean Salad




Green Beans with Lemon Zest

Eat more fruits and vegetables


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MED Flips Cravable
ADD FLAVOR with Oil and Seasonings




Iceberg Lettuce Salad


or



Lentil Beet Salad



Quinoa Strawberry Salad



Apple Cucumber Slaw

Eat more fruits and vegetables

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GO MED LIFE HACK ADD FLAVOR with Oil and Seasonings

From Session 3

Goodbye to

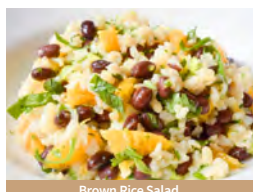


Make your own salad dressing


Eat more fruits and vegetables

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6 Make your GRAINS WHOLE



Brown Rice Salad




Mushroom Almond Burger

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EAT MORE → EAT LESS



Carbohydrate choice continuum

*Choose 100% whole grains.

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Most of the grain that Americans eat is **REFINED**



Almost 40% of the refined grains Americans consume is from yeast bread (think hamburger bun) and pizza crust.

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Wheat and belly fat...

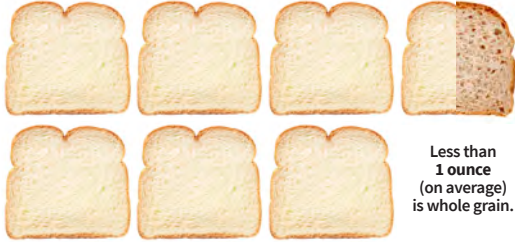
High consumption of refined grains associated with increased body fat.
Consumption of whole wheat (at least 3 servings per day) associated with decreased abdominal fat.



Whole and refined grain intakes are differently associated with abdominal, visceral and subcutaneous adiposity in adults.
—The Framingham Heart Study

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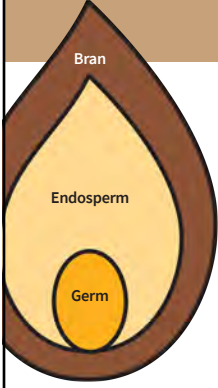
Most Americans eat approximately 7 ounces of grain per day.



Less than **1 ounce** (on average) is whole grain.

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Whole Grain



Whole wheat	Buckwheat
Whole grain corn	Triticale
Popcorn	Bulgur (cracked wheat)
Brown rice	Quinoa
Whole rye	Sorghum
Whole oats	Whole grain barley
Wild rice	Whole grain couscous

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BUYER BEWARE

Multi Grain
100% Wheat
Made with Whole Grain



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MED Tips

Eat grains as grains, not foods made from grains.



Eat **MORE** bulgur, brown rice, oatmeal—less bread, crackers, etc.

Make your grains whole

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MED Flips

Switch to whole grain products.







Oatmeal Pasta Rice or other Whole Grain

Take steps to **MAKE** your grains whole.

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So many types of oatmeal...

	Cut Oat Groats 30-40 minutes		Rolled thinner and cut into pieces 1 minute
	Steamed and rolled flat 5 minutes		Pre-cooked and dried Add boiling water

ALL made from Oat Groats

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GO MED LIFE HACK EASY Steel Cut Oats

STEEL CUT OATS SHORTCUT




- 4 cups water, 1 cup oats
- Bring to full boil.
- Cover and place in refrigerator overnight.

Make your grains whole

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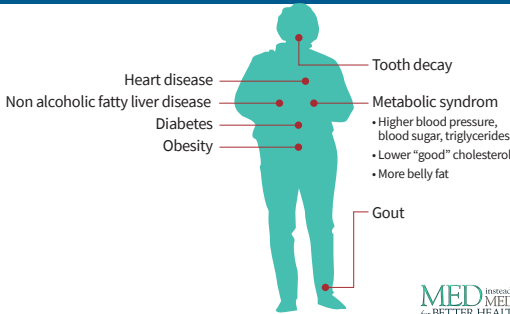
7 Rethink your SWEETS



7 Steps to Eat the Med Way

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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

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Inflammation

SUGAR: Making us sick

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Added Sugar

Added sugars include all sugars used as ingredients in processed and prepared foods such as breads, cakes, soft drinks, jams, chocolates, and ice cream, and sugars eaten separately or added to foods at the table.



Sugar Found Naturally in Food

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• Consuming sugar signals the release of serotonin and endorphins—we feel good.
• It tastes good.

We crave sugar from birth.

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Average SUGAR consumption in the U.S. is 152 pounds per year.

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3 X recommended amount

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43% Soft drinks

19% Grain-based desserts

16% Candy

9% Dairy desserts and flavored milk

Sugar in America

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6-9 teaspoons of added sugar

Recommended intake

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SUGAR: Too much of a sweet thing

6 teaspoons added sugars recommended for women per day

9 teaspoons added sugars recommended for men per day

VS

15 teaspoons of sugars in a 20-oz. Coke

23 teaspoons actual added sugars consumed by average American per day

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74% of processed foods contain added sugar.
An assault on our palate!

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MED Read labels
Tips

Sugar by Other Names

Agave nectar	Evaporated cane juice	Maltose
Brown Sugar	Fruit juice concentrate	Malt syrup
Cane sugar	Glucose	Maple syrup
Corn sweetener	High fructose corn sweetener	Raw sugar
Corn syrup	Honey	Turbinado sugar
Fructose	Invert sugar	Sucrose
Dextrose		Syrup



Rethink your SWEETS


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