



## How to Eat and Live Mediterranean

- Reduce processed foods in your diet.
- Move towards a plant-based diet with vegetables being the main ingredient at most meals.
- Eat whole grains every day (can be gluten free).
- Make beans, nuts and seeds your major protein source.
- Use meat, chicken, and fish as a “condiment” in soups, casseroles, and stews instead of eating large portions.
- Eat the majority of your fat from extra-virgin olive oil.
- Enjoy foods high in omega 3-fatty acids (ie: flax oil, walnuts, greens, grass-fed meat, ocean-raised salmon).
- Focus on naturally whole fat dairy (cheese and Greek yogurt).
- If alcohol is consumed, drink it at mealtime and in moderation.
- Eat mostly fruit-based desserts.
- Move daily with a combination of cardiovascular and weight bearing exercises.
- Reduce your stress levels by having a daily practice such as mindfulness, yoga, walking in nature, or whatever works for you.
- Build a long-lasting community of supportive friends and family.

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