

Mediterranean Diet

How should I eat?

You should strive to eat a diet rich in cold-water fish, healthy fats from olives, nuts and avocados, and low glycemic, high fiber veggies, fruits, grains and legumes.

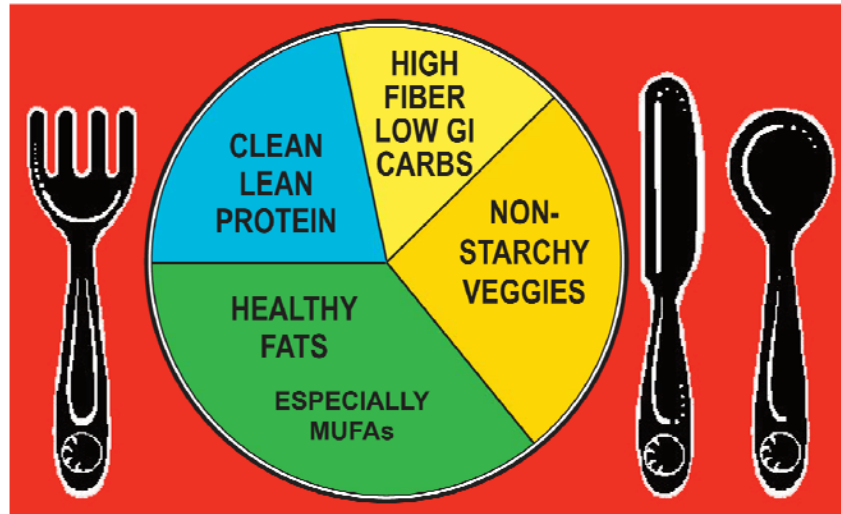
General Guidelines

- Choose organic, seasonal and locally-grown foods whenever possible
- Choose your veggies from a rainbow of colors
- High Fiber Carbs –focus on whole foods that have been minimally processed
- Minimize gluten-containing grains – wheat, rye, barley and even oats may cause digestive and other health issues
- Low Glycemic Fruits – limit to 1-2 servings per day of fruits listed below
- Avoid trans fats, hydrogenated oils and fatty cuts of meat that are high in saturated fats
- Animal protein guidelines – select lean cuts of meat (loin vs. rib), organic poultry, wild-caught vs. farm-raised cold-water fish and seafood, wild game, and omega-3 enriched eggs
- Dairy sensitivities and lactose intolerance are common and may create gastrointestinal discomfort and other health problems. Talk to your health care practitioner about enzyme therapy for lactose intolerance and testing for dairy sensitivities. If you need to eliminate dairy altogether, take measures to ensure adequate calcium, magnesium and vitamin D levels are consumed
- Water – Drink 8 glasses per day, limit fluids to 4-8 oz. during meals
- Enjoy the process of eating! Don't rush, chew your food thoroughly and avoid eating while watching TV or working at your desk.
- Healthy snack guidelines – If you include snacks, be sure to lower your serving sizes during meals to account for the additional snack calories
 - If you have the snacking gene you will be dividing overall calories to include 3 meals and 1-2 daily snacks
 - If you DON'T have the snacking gene, you will divide calories into 3 meals and 0-1 snack per day

Nutrient Percentage Breakdown – Mediterranean Diet

35% Fat 45% Carbohydrate 20% Protein

MEDITERRANEAN DIET



Each meal should include the recommended nutrient amounts shown in the plate, per your specific caloric guidelines.

Optimal Nutrient Choices (focus on items in bold italics)

Clean Lean Protein

- ***Cold water fish – salmon, halibut (also count as fats)***
- Chicken
- Turkey
- Eggs
- Whey, pea, hemp or rice protein powder – no soy or egg
- Lean red meats (beef, lamb)
- Wild game
- Greek-style yogurt and cottage cheese

Healthy Fats

- ***Raw nuts, nut butters*** and seeds
- ***Avocado***
- ***Olive oil and olives***
- Coconut milk, oil and shredded unsweetened flakes
- Freshly ground flaxseed meal and oil

A word about fats:

MUFA (monounsaturated fatty acids) – MUFA is a healthy dietary fat found in avocados, olives and olive oil and nuts. If your test shows an increased benefit from MUFA you should focus on eating these foods for your fat choices.

PUFA (polyunsaturated fatty acids) – PUFA is a fat that has proven to be beneficial, especially for heart and brain function. If your test shows an increased benefit from PUFA, you should focus more on the Omega-3 MUFAs including cold-water fish like salmon and halibut, seafood, and seeds like flax and hemp.



Non-Starchy Veggies*

Arugula	Brussels sprouts	Celery	Eggplant
Green beans	Leeks, onions	Chard, Kale, Greens	Asparagus
Peppers	Cabbage	Lettuce	Cucumber
Mushrooms	Spaghetti Squash	Bean spouts	Broccoli
Cauliflower	Garlic	Zucchini	Parsley
Fennel	Radishes	Spinach	Shallots

*Above chart does not include all non-starchy veggies



High Fiber Carbs and Low Glycemic Fruits

Whole wheat products – bread, crackers, cereals, pasta, tortillas**	<i>Legumes - black, navy, garbanzo, lima, pinto, white, kidney beans</i>	Brown rice products – bread, pasta, cereals, crackers, tortillas	Winter squash – acorn, butternut, pumpkin
Beets	Lentils	Sweet potato, yam	Tomatoes
Steel cut oats (gluten-free)	Barley**	Peas, split peas	Turnips
Rye**	Bulgur	Cooked carrots	Ginger root
Quinoa	Millet	Jicama	

**Contains gluten

Low Glycemic Fruits

Low GI <i>Best choices</i>	Moderate GI <i>Second best choices</i>	High GI <i>Eat sparingly or after a workout</i>
Berries – anything with berry at the end of its name: Black, blue, straw, elder, logan, rasp, goose, boysen Apples	Cherries, melons, all citrus, peaches, plums, nectarines, Kiwi, apricots	Banana, mango, pineapple, papaya, grapes, watermelon

Serving Sizes

Lean Protein

Generally speaking, 1 serving of protein will be:

- 4 oz for most smaller women
- 6 oz for large or more athletic women
- 6 oz for most men
- 8 oz for large or very athletic men

Protein powder serving guidelines:

- 1 scoop for 1200 calorie diets
 - 2 scoops for 2000 diets
- (this will vary based on type of protein powder)

Healthy Fats

1 serving fat = 1 tbsp olive oil; 1/4 small avocado; 4 oz. cold water fish; 10 nuts; 1 tbsp. nut butter; or 5 olives

Non-Starchy Vegetables

1 serving non-starchy veggies = 1/2 cup cooked or 1 cup raw

High Fiber Starchy Carbs and Low Glycemic Fruits

1 serving high fiber starchy carb = 1/2 cup cooked beans, grains, winter squash, or starchy veggies; 1 slice of bread; or 1 piece of fruit

Nutrient	1200 Calorie Diet	2000 Calorie Diet
Protein 1 serving per meal per above guidelines	240 calories per day <ul style="list-style-type: none"> ○ Lean animal protein ○ 2 eggs or 4 egg whites ○ Protein powder (use above guidelines for serving size) ○ ½ cup dairy, as noted 	400 calories per day <ul style="list-style-type: none"> ○ Lean animal protein ○ 3 eggs or 6 egg whites ○ Protein powder (use above guidelines for serving size) ○ 1 cup dairy, as noted
Fat	420 calories per day <i>1-2 servings per meal</i>	700 calories per day <i>2-3 servings per meal</i>
High Fiber Carbs and Low Glycemic Fruits	540 calories per day <i>1-2 serving per meal; limit fruit to 2 servings per day</i>	900 calories per day <i>2-3 servings per meal; limit fruit to 2 servings per day</i>
Veggies	<i>2+ servings per meal</i> <i>5+ servings per day</i>	<i>2+ servings per meal</i> <i>5+ servings per day</i>
Snacks	<ul style="list-style-type: none"> ○ 0-1 snack per day (lower serving sizes during meals if snacks are eaten) ○ See snack options below 	<ul style="list-style-type: none"> ○ 1-2 snacks per day (lower serving sizes during meals if snacks are eaten) ○ See snack options below

Foods to limit or eliminate

- Chemical cuisine and processed foods – if you can't pronounce it skip it
- "White" foods – rice, potatoes, refined grains
- Alcohol – best choice is red wine. Limit to no more than 1 glass daily
- Soy is relatively new to our food supply and has been indicated in numerous health conditions. Limit consumption to organic soybean products only or limit overall consumption per your health care practitioner's guidance
- Peanuts are legumes, and high in pro-inflammatory omega-6 fatty acids. Select almonds, walnuts, macadamias, Brazil nuts, pistachios, or cashews instead
- Sugars and Desserts – Eliminate foods with high-fructose corn syrup, artificial sweeteners, jams, jellies, agave, molasses, and all other syrups. Replace with whole fruits or sweeten foods with xylitol. If you crave dessert, select dark chocolate or implement the 3 polite bite rule 1-2 times week - take 3 polite bites of the absolute best dessert you can find and give the rest away
- Choose broiled, grilled, steamed foods over fried, creamed, or battered ones

Mediterranean Diet Simple Meal Ideas

Be sure to use the Serving Sizes table for your specific caloric guidelines and remember that you don't have to eat traditional breakfast foods for breakfast! Leftover chicken breast, salmon, and turkey burgers all qualify as acceptable breakfast protein options.

Breakfast Ideas

- Protein Shake – Use the recipe below for your caloric requirements
- Eggs over easy on rye toast* with side of berries topped with chopped walnuts
- Leftover grilled chicken breast or salmon with side green salad and vinaigrette dressing
- Breakfast turkey sausage with side of chopped apples tossed with cinnamon, sliced almonds and drizzle of coconut milk
- Greek-style yogurt topped with chopped berries and freshly ground flaxseed meal

	1200 Calorie Diet	2000 Calorie Diet
<i>Protein Shake Recipe</i>	<ul style="list-style-type: none"> ○ 1 scoop protein powder ○ 1/8 c coconut milk ○ 3/4 c water ○ 1 Tbsp flaxseed meal ○ 1 c fruit 	<ul style="list-style-type: none"> ○ 2 scoops protein powder ○ 1/4 c coconut milk ○ 3/4 c water ○ 1 Tbsp flaxseed meal ○ 1 c fruit

Lunch and Dinner Ideas

- Large green salad tossed with chopped non-starchy veggies, black beans, canned salmon, avocado; dress with olive oil vinaigrette
- Grilled turkey burger on whole grain bun* topped with mashed avocado and tomato slice, side of shredded cabbage with vinaigrette dressing
- Grilled salmon filet, with sides of roasted asparagus and brown rice
- Lean beef (loin cut), broiled and topped with sliced mushrooms and onions sautéed in olive oil, side green salad and sweet potato
- Omelet loaded with sautéed spinach and mushrooms, side of sliced tomatoes

Healthy Snack Ideas

- Sliced apple with almond butter
- Layer green lettuce leaf with sliced turkey, avocado – roll up and eat
- Celery stuffed with guacamole
- Mini-shake – 1/2 of your shake recipe
- Berries topped with chopped walnuts and cinnamon

*Contains gluten

Disclaimer: The above dietary guidelines are not exact, but are close enough to support your personalized genetic dietary profile.