

# Adopting Mediterranean Diet

This playbook provides a guide on how to adopt the Mediterranean diet, which is known for its health benefits. It covers the key components of the diet and offers actionable steps to integrate this healthy eating pattern into one's lifestyle.

## Step 1: **Understand Diet**

Learn about the Mediterranean diet by researching its fundamental principles, including a high consumption of fruits, vegetables, whole grains, legumes, and olive oil; moderate consumption of fish, poultry, and dairy; and low consumption of red meat and sweets.

## Step 2: **Stock Pantry**

Revamp your pantry and shopping list to include Mediterranean diet staples such as olive oil, nuts, seeds, herbs, whole grains, canned tomatoes, olives, and a variety of fresh or frozen produce.

## Step 3: **Plan Meals**

Create a weekly meal plan that emphasizes plant-based foods, whole grains, and lean proteins. Incorporate dishes like salads with olive oil dressing, grilled vegetables, and fish or lean poultry.

## Step 4: **Cook at Home**

Begin preparing meals at home using Mediterranean recipes and cooking techniques like grilling, baking, and sautéing, which require minimal use of fats and retain the nutritional value of the ingredients.

## Step 5: **Healthy Fats**

Replace saturated fats such as butter with healthy fats, primarily from olive oil, as well as avocados and nuts, focusing on these as the primary sources of dietary fat.

## Step 6: **Limit Red Meat**

Reduce red meat consumption to no more than a few times a month, substituting it with fish or poultry, and increasing servings of plant-based proteins such as beans and legumes.

## Step 7: **Enjoy Meals**

Make mealtime a social affair. The Mediterranean lifestyle emphasizes enjoying food with family and friends, practicing mindful eating, and savoring each bite.

## Step 8: **Regular Exercise**

Complement the diet with regular physical activity. Aim for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity each week, along with muscle-strengthening exercises on 2 or more days a week.

# **General Notes**

## **Hydration**

Stay hydrated by drinking plenty of water throughout the day, and limit consumption of sugary beverages.

## **Moderate Wine**

If you choose to drink alcohol, do so in moderation. For the Mediterranean diet, this often includes a glass of red wine with meals.

## **Sustainable Changes**

Focus on making sustainable changes to your eating habits rather than adopting a restrictive mindset. It's about an overall dietary pattern rather than strict rules.