



Mediterranean Diet Guide

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No. 1 - Vegetables

This one's pretty easy. It's pretty much impossible to eat too many vegetables. Keep in mind that veggies aren't just for dinner. Making them a part of your lunch and as snacks is one way to eat more. Pile that sandwich high with cucumbers, peppers, lettuce, tomatoes, onions. Anything that you like. Things that you don't think you like you might if you give them a second chance.

Make plans to have an extra helping for dinner. It won't add many calories and helps fill you up.

I often have patients say "I don't like vegetables, doc." When I ask them if there are any that they do like I always get a good response. The reply is, "Sure, I love spinach." As I ask about more vegetables I get more positive responses. Make a list for yourself of the veggies that you like and keep them on hand. It will be longer than you think.

Ingredients

Arugula
Asparagus
Beets
Bok Choy
Bottled Peppers
Brussels Sprouts
Button Mushrooms
Celery
Choosing Eggplant
Collard Greens
Cucumbers
Cucumbers, Fiber in
Eggplant
Eggplant
Fennel
Frozen Peas
Green Beans
Green Onions
Leeks
Lettuce, Romaine
Onions
Parsnips
Peas, Frozen
Peppers
Peppers
Peppers, Chipotle
Peppers, Hot
Poblano Chilis
Shallots
Spinach, Fresh

Vegetarian Main Course Dishes

Baked Penne
Baked Ziti
Chili Rellenos
Chopped Salad Tacos
Corn Quesadillas
Creamy Mac and Cheese
Eggplant Parmesan
Fettucine Alfredo
Fettuccine with Olive Oil and Garlic
Sauteed Veggie Plate
Pasta with Tomato Sauce
Pizza - Tomato, Basil, and Roasted Garlic
Pizza - Dill Pesto and Potato
Pizza with Roasted Eggplant and Feta
Soft Corn Tacos
Vegetarian Lasagna

Sides

Candied Carrots
Cheese Stuffed Peppers
Collard Greens
Green Beans with Red Onion
Herbed Zucchini
Lemon Butter Brussels Sprouts
Minted Peas
Pan Grilled Asparagus
Pan Grilled Broccoli
Parmesan Squash
Roasted Acorn Squash
Roasted Beets

Spinach, Frozen
 Sprouts, Bean
 Squash
 Squash, Yellow
 Squash, Zucchini
 Tomatillos
 White Cabbage

Roasted Tomatoes
 Sauteed Arugula
 Sauteed Spinach
 Shredded Brussels Sprouts
 Spiced Snap Peas

No. 2 - Legumes

As with the wide variety of cabbages you can find in the market there are lots of different legumes (some of which you probably didn't think were related to each other).

In botany the term legume has two meanings. Legume is a species of plant but the term also refers to any fruit that develops seeds lined up in a pod (most often the pod splits open down a seam on one side like "peas in a pod"). Legumes are also known as Pulses.

Legumes are great sources of protein and fiber. I have written on this in many columns and sidebars on the Dr. Gourmet site. Making beans your choice for a starch with dinner as with Black Bean Cakes or Sea Bass with White Beans. Minestrone or Split Pea Soup with a salad makes a great dinner. Fill your pantry with canned or dried beans like kidneys, garbanzos and black beans.

Beans

Azuki Beans
 Black Beans (Turtle Beans, Mexican Black Beans, Spanish Black Beans)
 Cranberry Bean
 Fava Bean (Broad Bean, Butter Bean, Windsor Bean, English Bean)
 Flageolet
 Garbanzo Beans (Chick Peas)
 Great Northern Bean
 Lima Beans
 Navy Beans (Yankee Bean, Boston Bean, Boston Navy Bean)
 Pinto Beans
 Red Bean
 Red Kidney Beans (Mexican Beans, Red Beans)
 Soy Bean (Edamame, Soya Bean)
 White Kidney Bean (Cannellini Bean, Fazolia Bean)

Lentils

Brown Lentils
 French Green Lentils
 Pink Lentils (Red Lentils, Masoor Dal)
 Yellow Lentils (Moong Dal)
 Red Lentils
 Black Lentils

Peas

English Peas

Lentils

Brown Lentils
 French Green Lentils
 Pink Lentils (Red Lentils, Masoor Dal)
 Yellow Lentils (Moong Dal)
 Red Lentils
 Black Lentils

Recipes

Black Bean Cakes

Black Eyed Peas

Peanuts

Runners
Valencia
Spanish
Virginia

Snap Beans

Chinese Long Beans
French Green Beans (Haricot Verts)
Green Bean (String Bean)
Runner Bean (Italian Flat Bean)
Wax Beans

Edible Pods

Okra
Snow Peas (Chinese Pea, Chinese Snow Pea)
Sugar Snap Peas (Snap Peas)

Black Bean Hummus
Black Bean Soup
Black Eyed Pea Salad
White Bean Soup
Chicken Black Beans
Chile Con Carne
Green Beans Walnut Vinaigrette
Green Beans with Red Onion
Hummus
Lentil and Black Bean Salad
Minestrone
Minted Peas
Red Beans Rice
Sea Bass White Bean
Split Pea Soup
Three Bean Salad
White Chili
Wild Rice and Black Beans

No. 3 - Fruits and nuts

Fruit is the perfect snack. Sweet and satisfying it's important to keep your fridge full of apples, pears and oranges so that you always have something. While drinking juice is OK actually eating a piece of fruit is likely better for you and more satisfying.

Nuts are great for you. They do have a lot of calories but even though most of the calories comes from fat it is the good monounsaturated fat that you want in your diet. There is in fact good research that if you replace a two ounce cookie with two ounces of nuts you won't gain weight (even though the nuts may have more calories).

Ingredients

Almonds
Cashews
Hazelnuts
Macadamia
Peanuts
Pecans
Pine Nuts
Pistachios
Pumpkin Seeds
Walnuts

Recipes

Banana Nut Bread
Banana Nut Muffins
Curried Chicken Salad
Date Nut Bread
Halibut with Walnut
Honey Peach Pecan Muffins
Orange Almond Muffin
Orzo Dill Pesto
Pesto
Pumpkin Nut Muffins
Red Pepper Orzo
Roasted Eggplant Salad
Salmon Salad
Sesame Chicken Salad
Stuffed Turkey
Sweet Potato Bread

Turkey Cranberry Salad
 Turkish Lamb with Peas
 Waldorf Salad

No. 4 - Cereals and Grains

Whole grains are really good for you. If you are used to “white” starches like white rice, pasta and white bread, make the transition slowly. There are “light” whole wheat breads that taste great, for example. Start with those and move slowly toward whole grain breads. Use whole wheat hamburger buns in place of regular.

Using whole wheat pasta is easy. The flavor’s great and with your favorite sauce you’ll be good to go.

Anytime you can substitute brown rice in some you’ll increase the amount of fiber in your diet easily. One of my favorite substitutions is sweet potatoes or yams in place of regular potatoes.

Choose cereals that are less processed like oatmeal but also look for whole grain cereals. One easy way to tell is purchasing cereal with more fiber and less sugar.

Intead of...	Choose...
Pizza Dough	Whole Wheat Pizza Dough
White Bread	Whole Wheat Bread
English Muffin	Whole Wheat English Muffin
Bagel	Whole Wheat Bagel
White Rice	Brown Rice
White Rice	Wild Rice
White Rice	Lentils
Regular Pasta	Whole Wheat Pasta
Corn	Beans or Lentils
Potatoes	Sweet Potatoes
Potatoes	Yams
Corn Flakes	Bran Flakes
Special K	Cheerios
Fruit Loops	Life Cereal
Rice Krispies	Kashi GoLean Crunch
Apple Jacks	Kashi Cinnamon Harvest
Grits	Oatmeal
Apple Juice	Apples
Orange Juice	Oranges
Grapefruit Juice	Grapefruit

Banana Nut Muffins	Yam Gnocchi
Blueberry Muffin	Mashed Yams
Bran Muffins	Roasted Yams
Carrot Muffin	Yam Home Fries
Honey Peach Pecan Muffins	Chicken Rice Salad
Lemon Poppyseed Muffin	Chopped Salad Wild Rice
Orange Almond Muffin	Cumin Trout

Orange Cranberry Muffin Pumpkin Nut Muffins Apple Cinnamon Bread Banana Nut Bread Date Nut Bread Gingerbread Pumpkin Bread Sweet Potato Bread Zucchini Bread	Halibut Rosemary Maple Turkey Cranberry Salad Wild Rice Wild Rice and Black Beans Pizzas made with Whole Wheat Pizza Dough Pizza - Barbecue Chicken Pizza - Dill Pesto Pizza - Mushrooms Prosciutto Pizza - Pepperoni Pizza - Roasted Eggplant and Feta Pizza - Southwestern Pizza - Thai Peanut Sauce Pizza - Tomato Roasted Garlic
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No. 5 - Fish

More fish, less meat. Simple.

Now a lot of people say that they don't like fish. However, as with vegetables if you make a list of fish that you like, there may be more kinds that you'll eat than you thought. I have had many people using eatTHISdiet who began trying recipes with fish that they thought they hated only to have them become favorites.

There's a lot of reasons that eating fish is better for you than other sources of animal protein. One is that fish is generally lower in fat but, more importantly, the type of fats in seafood is the "good fats." The most important of these are the Omega 3 fats.

fresh Atlantic salmon	2,400 mg
smoked salmon	2000 mg
canned salmon	1,000 mg
sardines	3,000 mg
snapper	550 mg
fresh rainbow trout	600 mg
fresh tuna	1,200 mg
canned tuna	290 mg
shark	500 mg
orange roughey	140 mg
crayfish	300 mg
oysters (12)	1,000 mg
shrimp	200 mg
blue mussel	500 mg
squid/scallops/calamari	400 mg
halibut	2,000 mg
grouper	280 mg

There has been some consideration lately about contamination in fish. This is an issue but not one that should keep you from making seafood a major part of your diet.

First and foremost there's no doubt of the tremendous health benefit in eating fish. There are hundreds of studies clearly showing that consuming fish high in Omega 3 fats reduces

the risk of sudden death, death from heart disease and stroke. In a meta-analysis of numerous studies published in last week's *Journal of the American Medical Association* (JAMA 2006; 296: 1885 - 1898) Drs. Mozaffarian and Rimm conclude that eating 1 - 2 servings each week reduces the risk of death from heart attack by 36% and reduces total mortality by 17%.

Wow! Something easy, cheap and tasty to prevent disease and death. Count me in!

There is also evidence that consumption of fish or shellfish may prevent heart disease and progression of already established heart disease. Other studies have linked Omega 3 fats to prevention of certain types of cancers as well as heart rhythm problems. This research is not, however, as conclusive.

What about contaminants though? There is risk from heavy metals -- mercury being the most important and the most common. The health effects of mercury poisoning are mostly neurologic and involve such symptoms as numbness, tingling, difficulty thinking, problems with sensation and even paralysis. And there is some question of whether long term exposure to mercury can effect the heart.

The other main contaminant risk in fish comes from PCBs and dioxins. These are chemicals that were the byproducts of many manufacturing processes in the middle of the last century. PCBs have been banned since 1977. While dioxin release into the environment is still going on the levels of contamination have dropped. Research on animals shows that both of these chemicals may cause some types of cancers. There seems to be less risk from these contaminants and there are often higher levels of PCBs and dioxins in beef, chicken, eggs, milk and pork than in fish.

Mozaffarian and Rimm (and others) feel that that when the risks from contaminants are compared to the advantages of eating fish the evidence clearly shows that the benefit of including fish in your diet far outweighs any risk. As with anything one wants to reduce the risk and here are the guidelines that they feel will help you best: (These are along the guidelines of most health organizations based on the research as we know it.)

- Eat 1 - 2 servings of fish per week.
- Women of childbearing age should avoid fish that may contain higher levels of mercury.
- Choose fish that are higher in mercury less often and make sure that you eat a variety of different fish.

Here's a list of common fish with the amount Omega 3 fats as well as the mercury content in parts per million (ppm). The CDC recommends avoiding fish with more than 1.0 ppm.

Fish / Shellfish	Mercury (PPM)	Omega 3 fats (milligrams)
Golden Bass (Gulf of Mexico)	1.45	905
Shark	0.99	689
Swordfish	0.98	819
King Mackerel	0.73	401
White Tuna (albacore)	0.35	862
Lobster	0.31	84
Halibut	0.25	465
Snapper	0.19	321
Mahimahi	0.15	139
Golden Bass (Atlantic)	0.14	905

Light Tuna	0.12	270
Atlantic Cod	0.1	158
Crab	0.09	351
Trout	0.07	935
Atlantic Mackerel	0.05	1203
Mussels	<0.15	782
Anchovy	<0.05	2055
Farmed Catfish	<0.05	177
Atlantic Herring	<0.05	2014
Farmed Salmon	<0.05	2648
Wild Salmon	<0.05	1043
Sardines	<0.05	982
Clams	<0.05	284
Oysters	<0.05	688
Scallops	<0.05	365
Shrimp	<0.05	315

You can see that there are a lot of good healthy fish on this list with lower mercury content. It is clear from the research that the risk from contaminants is far less than the benefit from eating fish that is high in Omega 3 fats.

The take home message is to eat fish at least one or two times a week and eat a wide variety of fish and shellfish. The risk from “mercury and other stuff” is far outweighed by the benefit.

Halibut

Halibut with Basil Pea Puree
Halibut with Curry Butter and Snap Peas
Halibut with Dill Pesto Orzo
Halibut with Rosemary Maple Glaze
Halibut with Seven Spices

Grouper

Filet of Grouper with Four Onion Marmalade
Grouper with Caramelized Shallot
Horseradish Sauce
Grouper with Horseradish Glaze
Pistachio Crusted Grouper Braised in Curry

Salmon

Orange Dill Salmon
Roasted Salmon with Corn Relish
Salmon Salad
Saffron Salmon Risotto
Salmon in Parchment with Mangoes
Salmon with Caper Mayonnaise
Salmon with Parmesan Crust
Salmon with Red Thai Curry Sauce
Udon Noodle Salad with Salmon

Trout

Baked Cumin Trout with Squash and

Clams / Mussels

Mussels with Red Pepper Mayonnaise
Mussels with White Wine Herbed Butter
Paella
Steamed Clams with Spicy Tomato Corn
Broth and Fettucine

Crab

Crab Cakes

Scallops

Bay Scallops with Mushroom Bisque and
Tomatoes
Bay Scallops with White Wine and Herbed
Butter
Curried Sea Scallops
Mushroom Scallops
Pizza with Scallops and Thai Peanut Sauce
Soy Mustard Scallops

Shrimp

Barbecue Shrimp
Fettucine with Dill Pesto and Shrimp
Indian Shrimp Curry
Jerk Shrimp
Lemon Mint Shrimp
Linguine with Shrimp in Tomato Vodka

Pumpkin Seeds
Pumpkin-Crusted Trout

Tuna

Braised Tuna with Ginger and Plum Sauce
Sweet Red Pepper Barbecue Tuna
Seared Tuna with Saki-Wasabi Sauce
Tuna with Ancho Fig Sauce
Tuna with Wasabi Pea Crust

Other Fish

Blackened Redfish
Fish Enchiladas
Grilled Red Snapper with Garlic Tartar Sauce
Oven Fried Fish
Rockfish with Lemon Caper Butter
Sole in Parchment with Vegetables and Mushroom Sauce
Sea Bass with White Beans and Tomato Vinaigrette

Soups

Clam Chowder
Fish and Root Vegetable Stew
Shrimp Gazpacho

Cream Sauce
Paella
Shrimp Cocktail
Shrimp Etouffee
Shrimp Fettuccine Salad
Shrimp Fra Diavolo
Shrimp Primavera with Angel Hair Pasta
Shrimp Risotto with Peas
Shrimp Scampi
Shrimp Quesadillas
Thai Coconut Shrimp
Whole Wheat Linguine with Shrimp and Leeks

Salads

Barbecue Shrimp Salad
Caesar Salad with Grilled Salmon
Chipotle Seviche
Crab and Corn Salad
Crab Louis
Crab Salad with Dill and Mango
Leek and Salmon Fettuccine Salad
Napa Cabbage Salad with Seared Tuna and Peanut Dressing
Salade Nicoise
Salmon Salad
Seviche
Shrimp and Roasted Fennel Salad
Shrimp Fettuccine Salad
Shrimp Salad
Shrimp Scampi Orzo Pasta Salad
Udon Noodle Salad with Salmon

No. 6 - Oils and Fats

In most studies on the Mediterranean Diet this is generally classified as olive oil. It really means eating more monounsaturated fat.

Olive oil is a good choice and is high in monounsaturated fats but so is canola oil. Grapeseed oil may be an even better oil for you than either olive or canola.

The key is that Dr. Trichopoulou's research looked at the ratio of monounsaturated fat to saturated fat. The findings are clear that it is very important to decrease the use of highly saturated fats like butter, lard, shortening, palm kernel oil, coconut oil and any oil that has been hydrogenated.

Good choices	Use carefully	Avoid
Olive Oil	Butter	Lard
Canola Oil	Coconut milk	Coconut oil
Grapeseed oil	Spreads like Smart Balance Light and Promise Light	Stick margarine

Safflower oil	Mayonnaise	Vegetable shortening
Sesame oil	Avocados	Foods containing hydrogenated oils
Tahini (sesame seed butter)		Foods containing palm kernel oil
Peanut butter		

No. 7 - Dairy

The traditional Mediterranean diet doesn't have dairy products as a major focus. When dairy is part of meals it is usually as yogurt or cheese. For most people decreasing the amount of dairy and low-fat dairy is key.

Ingredients Blue Cheese Butter Buttermilk Cream Cheese Cream Cheese - Fat Free Evaporated Milk Low-fat White Cheddar Milk Monterey Jack Cheese	Mozzarella Parmigiano Pecorino Reduced-fat Cheeses Reduced-fat White Cheddar Ricotta Cheese Yogurt Yogurt Cheese
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No. 8 - Meats

Less meat and lean meats. The median consumption was about 4 ounces of meat per day. The rule of thumb is to eat red meat only about once a week. When you are choosing meats look for leaner cuts that will have less saturated fats. Most recipes on the Dr. Gourmet site use 4 ounces as a standard serving in a recipe whether it is beef, lamb, poultry or fish.

Beef Flank Steak Beef Burgandy Beef Stew Beef Stroganoff Chili Con Carne Garlic Lime Flank Steak Philly Cheese Steak Ground Beef Meatballs Meatball Hoagie Meatloaf Spaghetti with Meatballs Liver Calf's Liver with Onion and Apple	Chicken Barbecue Chicken Barbecue Chicken Pizza Chicken and Rice Salad Chicken Mole Chicken Pot Pie Chicken with 40 Cloves of Garlic Chicken with Roasted Tomatillo Sauce Chinese Chicken Salad Curried Chicken Island Chicken One Skillet Chicken and Black Beans Oven Fried Chicken Polynesian Chicken Pulled Barbecue Chicken Sandwich Spiced Chicken with Honey Glaze Vineyard Chicken Wet Rub Chicken
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<p>London Broil London Broil w/ Mushrooms Sauteed in Bourbon</p> <p>Tenderloin Tenderloin with Blue Cheese Butter Pan Grilled Tenderloin w/ Pepper Butter Sauce</p> <p>Other Cuts Green Curry Beef Maple Herb Crusted Rib Eye Steak Oven Seared Hanger Steak Skirt Steak with Sauteed Mushrooms</p> <p>Lamb / Venison Grilled Sage Lamb Kabobs Lamb Burgers Southwest Venison Cheeseburgers</p>	<p>Yellow Pepper and White Asparagus Soft Tacos</p> <p>Turkey Stuffed Turkey Breast Roasted Turkey Breast</p> <p>Pork</p> <p>Chops Autumn Pork Chops Cumin Dusted Pork Chops Lemon Pork with Lentils Pan-Seared Pork Chops with Savory Peach Marmalade Pork Chops with Caramelized Apples Pork Chops with Warm Tomatillo Salsa</p> <p>Tenderloin Mojo Pork Tenderloin Pork Tenderloin Coward Mushroom and Cranberry Stuffed Pork Loin</p> <p>Sausage Red Beans and Rice</p>
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No. 9 - Alcohol

There is good evidence that moderate use of alcohol is good for you and this research supports that. Interestingly, the alcohol consumed by the Greek participants in this study was more often with meals.

Men who drank one-half to two drinks per day had the lowest risk for heart attack of all the participants. Drinking more than two drinks per day also showed a reduced risk of heart attack, but not as high a reduction as those who drank less than two drinks per day. This reduction in risk remained even when the researchers controlled for age or cardiovascular medication use or the various levels of actual physical activity, Body Mass Index, or if they were past smokers.