



# The Mediterranean Diet

## A Delicious, Healthy Alternative

The Mediterranean diet is an approach to eating based on traditional cuisines of Greece, Italy and other countries along the Mediterranean Sea. Numerous studies have confirmed that the Mediterranean diet helps lower the risk of diabetes, heart disease, stroke, dementia and obesity.

### Why It's Great for People with Diabetes

The Mediterranean diet avoids foods that raise blood sugars quickly (like sugar and refined grains), focusing instead on high-fiber foods that help improve blood sugar control (like whole grains and fresh produce).

### What to Eat

**Fruits and Vegetables:** Aim for 7-10 servings per day of fruits and vegetables

**Whole Grains:** Switch to whole-grain bread, cereal and pasta

**Healthy Fats:** Try olive oil as a replacement for butter when cooking

**Seafood:** Eat fish twice a week – fresh or water-packed tuna, salmon, trout, mackerel and herring are healthy choices, and grilled fish is healthier than fried

**Lean Proteins:** Substitute fish, poultry or beans for red meat – if you eat red meat, make sure it's lean and keep portions small

**Low-Fat Dairy:** Enjoy low-fat Greek or plain yogurt and small amounts of a variety of cheeses

**Spices:** Herbs and spices boost flavor and lessen the need for salt

### What to Drink

Water, coffee and tea are fine, but avoid sugar-sweetened beverages and fruit juices which are very high in sugar.

Red wine is a more of a Mediterranean choice than white wine, but you should limit your intake to one glass per day and drink it with a meal. Wine should be avoided by anyone with alcoholism or problems controlling their consumption.

### Ready to Dive in?

Check out **Mediterranean Diet 101: A Meal Plan and Beginner's Guide**.