

Mediterranean Style of Eating

About

The Mediterranean diet focuses on eating a plant-based whole foods diet. You'll eat fresh fruit and non-starchy vegetables, wholegrains, legumes, healthy fats from nuts seeds and their oils, oily fish rich in omega 3 oils, plus small amounts of meat, poultry and dairy. You'll follow this approach to eating every day.

Benefits

Eating a Mediterranean diet can help you lose weight and has been found to be beneficial to people with Heart conditions, Type 2 Diabetes and inflammatory conditions such as arthritis.

Mediterranean diet and Fat blocking medications like Xenical/ Orlistat

Healthy fats need to be eaten with caution when taking a lipase inhibitor, (fat blocking medication like Xenical/ orlistat). On this medication, your fat intake would need to stay at no more than 30% of your daily food intake to minimise side effects and support weight loss. We would advise that this style of eating would NOT be suitable for those taking these fat blocking medications

Foods to enjoy daily

- Non-Starchy Vegetables
- Fruits
- Oily fish
- Healthy fats
- Seafood
- Legumes
- Whole grains
- Nuts and seeds

Foods to enjoy in moderation (1-2 times a week)

- Chicken
- Dairy – mainly cheese and yoghurt
- Red meat – max 1 / week

Drinks

Water, tea, coffee, herbal and fruit teas, wine in moderation

Foods to Avoid

- Refined grains (e.g. white bread, white pasta, cakes and biscuits)
- Refined oils (e.g. vegetable oil)
- Foods with added sugars, cakes sweets and biscuits
- Processed meats
- Sugar sweetened beverages
- Processed or packaged foods

Eat three meals a day

- Avoid snacking in between meals
- Make non starchy vegetables the greatest part of your meal

- Aim to eat your main meal at lunch time

Days Plan

Breakfast - 1 slice wholemeal toast / 1-2 eggs/ avocado / seeds

Lunch - Hummus/ crudites/ pitta / salad leaves

Dinner – Trout with almonds / roasted veg / drizzled with olive oil

Snacks – nuts /seeds /olives / Greek yoghurt and berries