

# Guidance:

## Evidence-based Food and Lifestyle Advice from our Lifestyle Medicine Team

### Mediterranean Diet

#### 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 some evidence suggests it may be beneficial to people with Heart conditions, Type 2 Diabetes and inflammatory conditions such as arthritis. This dietary approach is also suitable during pregnancy.

#### Safety Advice

\*If taking Orlistat or Xenical and following this eating approach we would recommend swapping oily fish to a white fish, such as cod or tilapia, or a lean meat such as chicken or turkey or legumes such as lentils or chickpeas all of which contain less fat.

#### How long can I safely follow this approach to eating

No food groups are eliminated following a mediterranean approach to eating and is considered a safe long term approach to health and weight loss.

#### Foods to enjoy- daily

- Non-Starchy Vegetables
- Fruits
- Oily fish (\*Tuna a maximum of once week in pregnancy)
- 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

### **Mediterranean Style**

**Example of a day's Meal 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