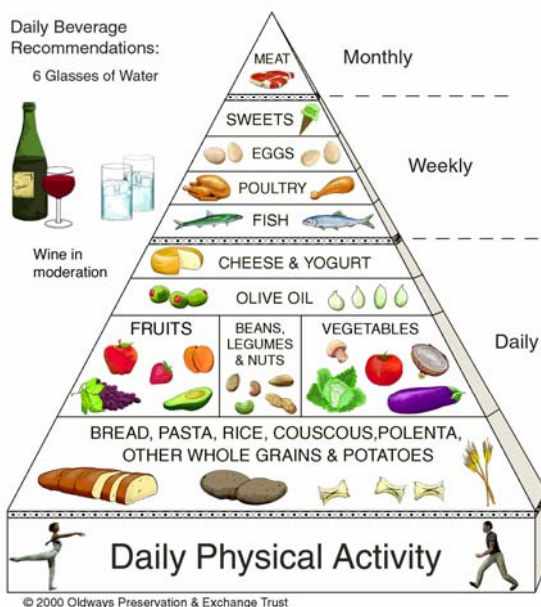




## Go Mediterranean!

### The Traditional Healthy Mediterranean Diet Pyramid



The Mediterranean Diet along with not smoking, **being active every day**, and drinking alcohol moderately can reduce risk for all causes of death.

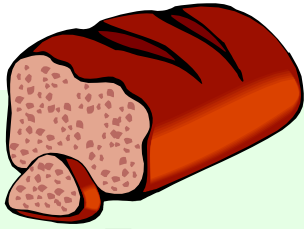
**By changing your food and activity habits, you can live a longer and healthier life, no matter what your age.**

### What is the Mediterranean Diet?

1. Lots of vegetables and fruits.
2. Plenty of whole grains.
3. Beans, lentils, peas and nuts daily.
4. Olive oil instead of other fats and oils.
5. Moderate amounts of yogurt and cheese.
6. Small amounts of fish, poultry and eggs.
7. Red meat once a month or less.
8. Six glasses of water daily.
9. Moderate intake of alcohol, if at all.



# The Diet in Detail



Eat Daily



- Five or more colorful fruits and vegetables. Include starchy vegetables like potatoes and corn.
- Six or more servings of whole grain bread, cereal and pasta and brown rice.
- Small portions of beans, peas, lentils and nuts.
- Olive oil instead of other fats and oils.
- Yogurt and small amounts of cheese.



Eat a little fish, poultry, and eggs each week. Have red meat only once a month.

Drink plenty of water.  
If you drink wine, have only 4-8 ounces per day. If you don't drink, don't start.



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