Go Mediterranean!

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.
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.

Publication # FDNS-E-89-29
Reviewed by Connie Crawley MS, RD, LD 2013
The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension, the University of Georgia Colleges of Agricultural and Environmental Sciences and Family and Consumer Sciences, offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability.

An Equal Opportunity Employer/Affirmative Action Organization
Committed to a Diverse Work Force