

# Sample Mediterranean Menu

## Breakfast

- 1 cup Greek yogurt with ¾ cup berries or ¾ cup fresh fruit and ¼ cup walnuts
- 1 slice whole wheat toast with ¼ cup mashed avocado or 2 teaspoons natural nut butter
- Coffee or tea

## Lunch

- 1 cup lentil or 1 cup minestrone soup
- 1 whole wheat pita
- 2 Tablespoon hummus
- ½ cup tomatoes
- Water with lemon wedge
- ½ cup cucumber with 2 Tablespoons olive oil, balsamic vinegar, & basil.
- 1 apple, peach, or orange.

**Snack:** 1 ounce low-fat mozzarella cheese and 15 grapes



## Dinner

- 3-4 ounces broiled fish brushed with olive oil, seasoned with lemon & dill
- 1 cup brown rice, cooked
- Decaf green tea or 5 ounce wine (if cleared by medical team)
- 1 cup steamed carrots
- 1-2 cups baby spinach & arugula salad with 2 Tablespoons olive oil & vinaigrette dressing

**Snack:** 1 ounce dark chocolate

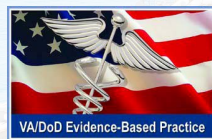
## Nutrition Information

2200 calories      43 grams fiber  
(8% saturated fat, 11% polyunsaturated fat, 19% Monounsaturated fat)  
4 Tablespoons olive oil each day provides 480 of 2200 calories.

Choosing a diet similar to one eaten by people living around the Mediterranean Sea may lower the risk of cardiovascular disease and have additional health benefits. The diet is mostly plant-based with high amounts of fresh vegetables, fruits, nuts, dried beans, olive oil, and fish. Follow these tips to eat the Mediterranean way!

# Mediterranean Diet

2020 VA/DoD Clinical Practice Guideline for Management of Dyslipidemia for Cardiovascular Risk Reduction (Lipids)



For further information, scan a QR code or visit <https://www.healthquality.va.gov/guidelines/cd/lipids>

Lipids Clinical Practice Guideline



Lipids Patient Summary



Eat the Mediterranean way and raise your health benefits

# Mediterranean Diet

Mostly plant-based with high amounts of fresh vegetables, fruits, nuts, dried beans, olive oil, and fish

## Fruits

3 or more servings each day

Make fruit your dessert



## Vegetables

4 or more servings each day

One portion each day should be raw vegetables. A serving is 1 cup raw or ½ cup cooked vegetables. Eat a variety of colors and textures.



## Nuts & Seeds

3 or more servings each week



## Dried Beans & Legumes

3 or more servings each week

1 ounce or 1 serving = 23 almonds or 14 walnut halves  
1 serving of beans = ½ cup

## Yogurt, Cheese, Egg & Poultry

Choose daily to weekly

Choose low-fat yogurt and cheeses. Choose skinless chicken or turkey in place of red meat.



## Fats & Oils

4 tablespoons or more of olive oil each day

Choose extra virgin olive oil (EVOO) and use in salad dressings and cooking. Choose avocado or natural peanut butter instead of butter or margarine.



## Herbs & Spices

Use daily

Season foods with herbs, garlic, onions, and spices instead of salt.



\*Serving sizes should be individualized to meet energy and nutrient needs.

## Fish & Seafood

2-3 times each week

Choose salmon, sardines, and tuna which are rich in Omega-3 fatty acids.



## Alcohol & Wine

1-2 glasses each day (Men)  
1 glass each day (Women)

Always ask your medical team if alcohol is ok for you to consume.

## Grains

4 or more servings each day

Choose mostly whole grains. 1 serving = 1 slice bread or ½ cup cooked oatmeal

Red meats, processed meats, and sweets should be limited.

