## THE MEDITERRANEAN HEALTHY PLATE

Use an 8 to 9-inch plate.


Fill one-quarter of your plate with healthy grains or starches, such as brown rice, whole-wheat pasta, quinoa, taro, poi, corn, peas, barley, ulu (breadfruit) potato, orange colored squash.

Choose daily:

- 2-4 servings of fruit a day. A serving is a small orange, banana, or apple, or 1 cup of berries or melon, or 2 tablespoons of dried fruit
- $1-2$ servings of non- fat, $1 \%$ milk or dairy-free milk. A serving is 1 cup.
- Healthy fats, such as extra virgin olive oil, canola or avocado oils, olives or a small handful of nuts.
- Avoid trans-fat (partially hydrogenated oils).

The Mediterranean diet is mostly plant based and includes fish, olive or canola oil. Evidence shows benefits for decreasing heart disease. Use this plate to help you portion your food in a healthy way and make meal planning easier.

## Breakfast

| Avocado toast <br> - 1-2 slices whole wheat toast <br> - avocado <br> - sliced tomato <br> - sprinkle of feta cheese <br> - $1 / 2-1$ cup banana and berries | Egg omelet with potatoes <br> - $1 / 4-1 / 2 \mathrm{c}$ scrambled egg whites, tofu, or 2 whole eggs and 1 cup spinach topped with salsa <br> - $1 / 2-1$ cup pan-fried potatoes <br> - $1 / 2$ cup mango or pineapple |
| :---: | :---: |
| - 1-2 slices of whole wheat bread <br> - $1 / 2$ cup canned tuna or salmon <br> - mixed with plain yogurt or low-fat mayo <br> - $1 / 2$ papaya | Tuna or salmon musubi <br> - 2/3-1 c brown rice <br> - 1-2 ounce of salmon or tuna <br> - 2 cuties or 1 small orange |
| - 1 cup plain Greek yogurt <br> - 1 Tbsp. ground flaxseeds, 2 Tbsp. crushed nuts, 2 Tbsp. raisins or $1 / 2$ cup berries | - $3 / 4-1.5$ cups whole grain cereal <br> - 1 c milk <br> - $1 / 2-1$ apple banana |
| - 2 slices wheat toast <br> - 2 Tbsp. natural nut butter <br> - $1 / 2-1$ medium apple | - 1 cup oatmeal with 1 Tbsp. pumpkin seeds and $1 / 2$ cup fresh fruit or 2 Tbsp. raisins <br> - 1 cup milk |

## Snacks

- $1 / 2$ cup Okinawan sweet potato
- $1 / 3$ cup olive tapenade with whole wheat pita bread
- $1 / 2$ cup plain yogurt and 1 cup of fresh fruit
- 3 cups air-popped or light microwave popcorn
- $1 \frac{1}{2}$ cup edamame with shells or $1 / 2$ cup shelled
- $1 / 3$ cup hummus with 1 cup vegetables sticks or $1 / 2$ whole wheat pita bread
- $1 / 2$ medium apple with $1-2$ Tbsp. "natural" nut butter
- Light string cheese with $1 / 4$ cup unsalted nuts
- $1 / 2-1$ cup 3 bean salad

Lunch and Dinner

## Add 1 cup milk to a meal (optional)

## Tofu wrap

- 1-1 1/2 cups baked tofu in whole wheat wrap with avocado, lettuce or spinach, tomato, and onion
- 1 cup carrots or broccoli
- 1 pear
- 2/3-1 cup brown rice
- 3-4 ounce of saba (mackerel) or salmon
- 1-2 cups stir fry bok choy (using olive oil)
- 2 cups stir-fried vegetables with 1-11/2 tofu or 3-4-ounce chicken
- 2/3-1 cup quinoa, yam, or wholegrain pasta


## Ground turkey or chicken chili

- 1-1/2 cups bean, ground turkey or chicken chili
- 2/3-1 cup of brown rice or quinoa
- cabbage slaw with lime juice
- 2 Tbsp. pumpkin seeds, avocado, and guacamole
- 1-2 cups canned black bean or Chickpea (garbanzo) salad lentil soup (lower sodium)
- $1 / 2-1$ whole wheat pita bread
- Vegetables sticks with a Tzatziki (yogurt) dip
- Greens and diced tomatoes
- 1/2-1 cup of chickpeas
- $1 / 4$ cup sliced olives
- $1 / 4$ cup hummus
- sprinkle of cheese.
- 2/3 to 1 cup poi or brown rice
- 8 ounces tofu, 4-8 ounces of fish or shrimp poke
- 1-2 cups Korean vegetables (e.g. bean sprouts, cabbage, choi sum, seaweed, kim chee)


## Grilled portabella and vegetable

 sandwich- grilled portabella mushroom
- mixed salad greens
- cooked beans
- crumbled feta cheese
- 1 cup of lomi salmon or sardines and onions
- $1 / 2-1$ cup poi
- wakame (seaweed or ocean salad) salad


## Bean tacos

- 2 corn tortillas with 1 cup pinto beans, 2 Tbsp. avocado, shredded lettuce or cabbage, and diced tomatoes, sprinkle of shredded cheese
- mango salsa


## Healthy meals start at the store. Use this shopping list to help you prepare.

$\checkmark$ Non-starchy vegetables (5 or more servings daily) - fresh, frozen, or canned low-sodium.
$\checkmark$ Fruits ( $2-4$ servings daily) - fresh, frozen, canned in their own juice, or dried.
$\checkmark$ Milk products and cheeses ( $1-2$ cups of milk a day), non- fat or $1 \%$ milk, plain yogurt, or dairy free milks (e.g. soy, oat, or almond), and cheeses as garnish (e.g. cottage, cheddar, feta, mozzarella, ricotta)
$\checkmark$ Whole grains and starchy vegetables (daily) such as whole wheat bread and pasta, brown rice, quinoa, oats, corn tortillas, potato, sweet potato, taro, poi, ulu, orange colored squash, corn, peas, mixed vegetables, and popcorn (air popped).
$\checkmark$ Fats and oils (daily), such as extra virgin olive, canola or avocado oils, flax seeds or oil, peanuts or peanut oil, "natural" peanut or other nut butter seeds (e.g. chia, hemp, pumpkin, sesame, sunflower, or tahini).
$\checkmark$ Fish and seafood (fish at least twice a week) - salmon, tuna, butterfish, saba (mackerel), crab, lobster, shrimp, scallops, clams, crab, opihi, mussels, tako (octopus), ika (squid).
$\checkmark$ Poultry (weekly), skinless chicken and turkey, or ground turkey
$\checkmark$ Beef, pork, lamb (one or two times a month) - ground beef, steaks, sausages and hotdogs
$\checkmark$ Sweets and salty processed snack foods (a few times a month).
$\checkmark$ Red wine (per MD advice).

