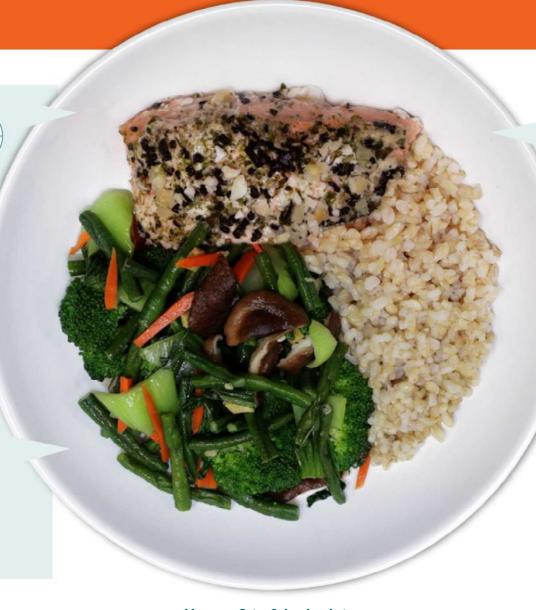
THE MEDITERRANEAN HEALTHY PLATE

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.

Fill one-quarter of your plate with protein sources low in saturated fats, such as fish or seafood, eggs, cooked beans. lentils, or tofu.



Fill half of your plate with non-starchy vegetables, such as carrots, broccoli, spinach, Chinese cabbage, green beans, peppers, zucchini, onions, greens, tomatoes, mushrooms or lettuce.



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).



Ideas for meals and snacks

Use these ideas to build healthy, tasty meals and snacks. Portions vary from person to person and can be adjusted based on your needs.

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Breakfast		Lunch and Dinner	
Avocado toast 1-2 slices whole wheat toast avocado sliced tomato sprinkle of feta cheese ½-1 cup banana and berries	 Egg omelet with potatoes ½-1/2 c scrambled egg whites, tofu, or 2 whole eggs and 1 cup spinach topped with salsa ½-1 cup pan-fried potatoes 1/2 cup mango or pineapple 	Add 1 cup milk to a meal (Tofu wrap	2 cups stir-fried vegetables with 1-11/2 tofu or 3-4-ounce chicken 2/3-1 cup quinoa, yam, or wholegrain pasta
 1-2 slices of whole wheat bread ½ cup canned tuna or salmon mixed with plain yogurt or low-fat mayo ½ papaya 	 2/3-1 c brown rice 1-2 ounce of salmon or tuna 2 cuties or 1 small orange 	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)	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
 1 cup plain Greek yogurt 1 Tbsp. ground flaxseeds, 2 Tbsp. crushed nuts, 2 Tbsp. raisins or 1/2 cup berries 	 ¾- 1.5 cups whole grain cereal 1 c milk ½-1 apple banana 	1-2 cups canned black bean or lentil soup (lower sodium)	 2 Tbsp. pumpkin seeds, avocado, and guacamole Chickpea (garbanzo) salad Greens and diced tomatoes
 2 slices wheat toast 2 Tbsp. natural nut butter ½-1 medium apple 	 1 cup oatmeal with 1 Tbsp. pumpkin seeds and ½ cup fresh fruit or 2 Tbsp. raisins 1 cup milk 	 ½-1 whole wheat pita bread Vegetables sticks with a Tzatziki (yogurt) dip 	 ½-1 cup of chickpeas ¼ cup sliced olives ¼ cup hummus sprinkle of cheese.
Snacks		2/3 to 1 cup poi or brown rice8 ounces tofu, 4-8 ounces of fish	
 ¹/₂ cup Okinawan sweet potato ¹/₃ cup olive tapenade with whole wheat pita bread 	1/3 cup hummus with 1 cup vegetables sticks or ½ whole wheat pita bread	or shrimp poke 1-2 cups Korean vegetables (e.g. bean sprouts, cabbage, choi sum, seaweed, kim chee)	 ½-1 cup poi wakame (seaweed or ocean salad) salad
 ½ cup plain yogurt and 1 cup of fresh fruit 	• ½ medium apple with 1-2 Tbsp. "natural" nut butter	Grilled portabella and vegetable sandwich grilled portabella mushroom mixed salad greens cooked beans crumbled feta cheese	Bean tacos 2 corn tortillas with 1 cup pinto beans, 2 Tbsp. avocado, shredded lettuce or cabbage, and diced tomatoes, sprinkle of
3 cups air-popped or light microwave popcorn	Light string cheese with ¼ cup unsalted nuts		
 1 ½ cup edamame with shells or ½ cup shelled 	• ½-1 cup 3 bean salad		shredded cheese mango salsa

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

 Non-starchy vegetables (5 or more servings daily) – fresh, frozen, or canned low-sodium.

- Fruits (2-4 servings daily) fresh, frozen, canned in their own juice, or dried.
- ✓ 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)
- ✓ 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).
- ✓ 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).
- ✓ 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).

- Poultry (weekly), skinless chicken and turkey, or ground turkey
- ✓ Beef, pork, lamb (one or two times a month) – ground beef, steaks, sausages and hotdogs
- ✓ Sweets and salty processed snack foods (a few times a month).
- ✓ Red wine (per MD advice).

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.