Starting the Mediterranean diet

Use these steps from the article to start eating the Mediterranean way.

- [ ] Cook and dress salads with extra-virgin olive oil instead of butter.
- [ ] Fill the largest part of the plate with vegetables, and eat leafy greens daily.
- [ ] Eat fish or seafood at least twice a week.
- [ ] Add beans, lentils or chickpeas to meals about 3 times a week.
- [ ] Switch to whole-grain bread, pasta and cereal.
- [ ] Choose fresh fruit or unsalted nuts instead of sweets.
- [ ] Limit red meat to a few times a month and cut processed meat.
- [ ] Buy canned fish, dried beans and frozen vegetables to keep costs down.
- [ ] Drink water as the main drink, and do not start drinking alcohol for the diet.
- [ ] Speak to a doctor or dietitian first if you have a chronic condition or food allergy.

Notes

For general education only. Not a substitute for professional medical advice.