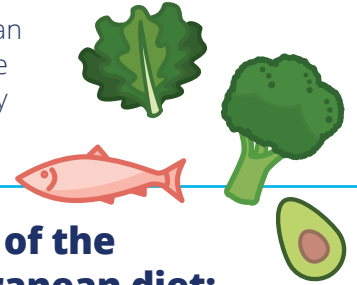


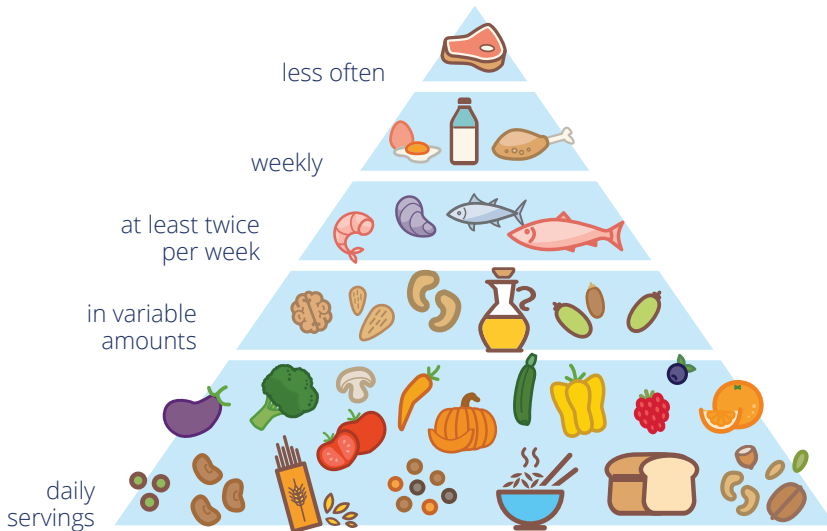
# Mediterranean diet and diabetes

The Mediterranean way of eating includes whole grains, plenty of fruits and vegetables, lean proteins and healthy fats. Following this eating pattern also includes being physically active and enjoying meals with others. The basic principles of this eating pattern can apply to any cultural cuisine or foods.



## Principles of the Mediterranean diet:

- base meals on vegetables, fruit and whole grains
- include healthy fats
- include lean protein, especially plant-based proteins
- incorporate dairy in small amounts
- choose overly processed foods and red meat less often
- drink water
- limit sweets, added sugars and sodium



## Benefits of the Mediterranean diet:

The Mediterranean eating pattern comes with many benefits for people living with diabetes!

### Improved blood sugar management:

Whole grains and vegetables provide fibre that lowers the effect of carbs on blood sugar. Lean protein and healthy fat also help minimize blood sugar response after meals.

### Reduced risk of heart disease:

Increasing fibre and healthy fats while reducing red meat help control blood cholesterol and blood pressure.

**Reduced inflammation:** Colourful fruits and vegetables contain compounds which can help reduce inflammation.

**Potential weight loss:** This depends on the type and quantity of foods you were eating before starting on this eating pattern.

## Things to consider:

- this pattern is heavily focused on grains which contain carbohydrates; consider type and portion size
- switching to healthy fats can reduce risk of heart disease but does not mean they can be included in unlimited amounts



## A day in the life:

### Breakfast:

- 2 slices of whole-grain toast + 1 cup 1% cottage cheese + 1 small sliced tomato + 1 pear

### Lunch:

- 85 g (1/2 can) tuna, packed in water + 1-1/2 cups Greek Lentil Salad + 1 cup watermelon

### Dinner:

- 1 serving Skillet Chicken Breast with Tomatoes + 1 cup cooked quinoa + 2 cups sauteed vegetables

