

# The Mediterranean Diet and Kidney Disease

- ▶ The Mediterranean diet can help improve cholesterol levels and lower blood pressure. This diet is high in vegetables, fruit, whole grains and plant-based proteins. Fish, seafood, poultry, dairy products and eggs are consumed in low to moderate amounts. Red meats and sweets should be limited.

## The Mediterranean Diet Pyramid

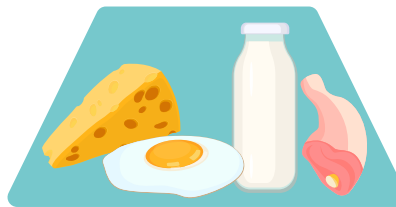
### RARE

- RED MEAT
- SWEETS



### WEEKLY

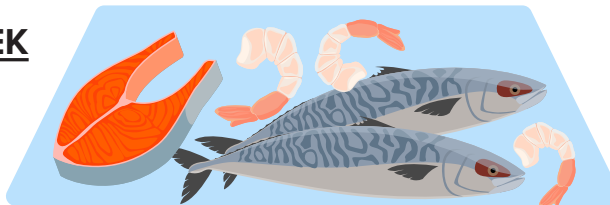
- EGGS
- CHEESE
- POULTRY
- YOGURT



Wine in moderation

### FEW TIMES PER WEEK

- FISH
- SEAFOOD



### DAILY

- FRUITS
- VEGETABLES
- WHOLE GRAINS
- LEGUMES
- NUTS
- SEEDS
- TOFU



Drink water

Enjoy olive oil daily





**Vegetables:** Have vegetables at meals and snacks. Choose a variety of colours and types like kale, bell peppers, and green beans!



Romaine lettuce



Onion



Cabbage



Bell pepper



Kale



Carrots



Radicchio



Zucchini



Green beans



Turnip



Cucumber



Eggplant



**Tip:** Keep some frozen vegetables on hand for quick additions to meals.



**Fruit:** Enjoy a variety of fresh or frozen fruits every day.



Grapes



Mandarin orange



Pears



Apple



Berries



Mango



Watermelon



Peach



Plum



Pineapple



**Tip:** Add berries to your oatmeal or chopped apples/pears to a salad.



**Grains:** Choose whole grains such as brown rice, barley, bulgar, quinoa and whole grain breads, cereals, and pastas.



Whole grain bread



Quinoa



Barley



Rolled / Steel-cut oats



Whole grain pasta

**Tip:** Look for products with “whole grain” as the first ingredient.



**Proteins:** Eat plant-based proteins and fish a few times a week. Replace red and processed meats with seafood, legumes, tofu, chicken, turkey, or eggs.



Legumes



Seeds



Nuts



Fish



**Tip:** Try roasting nuts and seeds for extra flavour. Add black beans to a salad and lentils to your soup.



**Fats:** Use olive oil instead of butter and other added fats. Other healthy vegetable oils include canola oil, grapeseed oil and avocado oil.



Olive oil



Canola oil



Grapeseed oil



Avocado oil



**Tip:** Try olive oil for salads and canola oil, grapeseed oil, or avocado oil for cooking.



**Spices:** Using herbs and spices is a great way to add flavour to your meals without adding salt.



Basil



Dill



Rosemary



Oregano



Black pepper



Garlic



**Tip:** Try dill on fish, rosemary on chicken, and dried spices like coriander, cumin, cardamom when cooking lentils.

### More Ways to Live the Mediterranean Lifestyle:



**1. Be active** - 150 minutes (or more) per week, 10 minutes (or more) at a time.



**2. Get enough sleep.**



**3. Make time to plan, prepare, and cook foods.**



**4. Share meals with friends and family when possible.**



The information in this handout is based off of research on the Mediterranean diet but the general principles of a plant-based diet could be applied to other cultures' ways of eating.

**Notes:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_