

Healthy Eating for Healthy Aging



Wondering how to eat to stay healthy and slow down aging? Try the Mediterranean Diet.

It's easy, and its benefits are backed by plenty of research. It can help prevent diabetes, heart disease, stroke, cancer, and dementia. The Mediterranean style builds on plenty of fruits, vegetables, whole grains, and healthy fats. It relies on plant-based proteins, poultry, and seafood instead of red meat. Good news: You don't have to measure foods or do anything extreme.

Just focus on these food choices whenever you can, and make Mediterranean your go-to eating style: **Fruits**, **Vegetables**, **Beans, peas, lentils and soy**, **Whole grains**, **Poultry and Seafood**, **Nuts and seeds**, and **Extra virgin olive oil**.



Fruits

e.g., berries, apples, avocado, banana, peaches, pineapple, plums, grapes, and others



Vegetables

e.g., spinach, kale, lettuce, celery, broccoli, cauliflower, carrots, zucchini, Brussels sprouts, onions, sweet potatoes, and others



Beans, peas, lentils and soy

Use these often instead of meat. They're great for protein and budget-friendly—pinto beans, black beans, blackeye peas, green peas, lentils, tofu, hummus, falafel, or veggie burgers



Whole grains

e.g., whole-wheat bread, whole-grain pasta, oats, brown rice, whole-grain cornbread, and others



Nuts and seeds

e.g., mixed nuts, walnuts, peanuts, peanut butter, almonds, pumpkin seeds



Poultry and seafood

Choose chicken and turkey, in moderation, over red meat. Also choose seafood, such as tuna, salmon, mackerel, or shrimp at least twice a week. Avoid fried foods.



Extra virgin olive oil

Use in place of butter, other cooking oils, or salad oils. Avocado oil, sesame oil, and peanut oil are also good choices. Be sure to check your mayonnaise and salad dressings for these healthy fats, too.



Limit these foods: Red meat, processed meats, sugary drinks, sweet desserts, candy, butter, cream, and whole-fat dairy, such as cheese.

Sources: Academy of Nutrition and Dietetics. *Make it Mediterranean*. www.eatright.org; Harvard Health. *A practical guide to the Mediterranean diet*. www.health.harvard.edu



Happy eating. Here's to your health!

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