

THE MEDITERRANEAN DIET

Simple. Balanced. Delicious. Good for you.

WHAT IS IT?

The Mediterranean diet is a way of eating inspired by the traditional foods and lifestyle of countries around the Mediterranean Sea.

It focuses on whole, minimally processed foods, healthy fats, plenty of plants and moderate amounts of fish, dairy and poultry.

It's linked to many health benefits including better heart health, weight management, improved blood sugar control and gut health.



EAT MORE PLANTS. ENJOY REAL FOOD.



Good for your heart



Supports gut health



Helps manage weight and blood sugar



Linked to better brain health



Enjoyable and sustainable

HEALTHY SWAPS TOWARDS THE MEDITERRANEAN DIET

INSTEAD OF...		TRY THIS...	WHY IT'S BETTER
Butter, lard or cream sauces	→	Olive or rapeseed oil, use for cooking and dressing	Provides healthy unsaturated fats that support heart health.
Processed meats (sausages, bacon, salami)	→	Oily fish (salmon, mackerel, sardines) 2-3 times per week	Rich in omega-3 fats and lower in saturated fat and salt.
White bread and rolls	→	Wholegrain or seeded bread	Higher in fibre, helps keep you full and supports digestion.
Sugary snacks and sweets	→	Fresh fruit, nuts or natural yoghurt with berries	Provides vitamins, minerals and fibre with less added sugar.
Chips or deep fried foods	→	Roasted vegetables or baked potato wedges	Lower in unhealthy fats and higher in fibre and nutrients.
Full-fat cheeses in large amounts	→	Smaller portions of cheese or plant-based alternatives	Still enjoy flavour and protein, but with less saturated fat.

HOW TO GET STARTED

- ✓ Fill half your plate with vegetables or salad
- ✓ Choose wholegrains over refined grains
- ✓ Enjoy fish and plant-based meals regularly
- ✓ Use olive oil as your main added fat
- ✓ Drink water and stay active
- ✓ Eat mindfully and enjoy meals together

Small changes make a big difference.



SCOTTISH FRIENDLY MEDITERRANEAN FOODS



Oats & wholegrains



Smoked mackerel



Lentils & beans



Berries



Rapeseed oil



Turnip, carrot & swede



Nuts & seeds



Plain yoghurt or Skyr



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