

Health Bites: Protein Foods in the Mediterranean Diet

Video: Let's Make Mediterranean Salad with Egg

This salad reflects the Mediterranean style of eating as it uses plenty of vegetables, heart healthy fats, as well as plant-based protein (chickpeas), along with egg.

This style of eating includes foods eaten in the countries surrounding the Mediterranean Sea. Such an eating style can lower your risk of heart disease and help some people manage weight, diabetes, or high blood pressure.

If choosing a salad for a meal, remember to include a protein food and a whole grain. In the Mediterranean diet, protein foods like beans, peas, lentils, fish and seafood are encouraged, but a wide variety of protein foods are included. The following is guidance for types and amounts of protein foods in this way of eating. Choose:

- Milk and dairy foods: 1–3 servings every day. Use lower fat types like skim, 1%, or 2% milk. A serving of milk is 1 cup (250 mL).
- Nuts or seeds: 3 or more servings per week. A serving is $\frac{1}{4}$ cup (60 mL).
- Beans, peas, lentils: 3 or more servings every week instead of meat. A serving is $\frac{3}{4}$ cup (175 mL).
- Fish and seafood: 3 or more servings per week instead of meat. One serving is $3\frac{1}{2}$ oz (100 g) cooked from fresh, frozen, or canned.
- Lean meat (poultry or red meat): less than 2 servings a day. One serving is $2\frac{1}{2}$ oz (75 g) or $\frac{1}{2}$ cup (125 mL).

For more information, visit ahs.ca/NutritionHandouts and search “Mediterranean”.