

# Swap Your Fats and Snack on Nuts and Seeds





Eating the  
**MED**  
Way



# What sets the Med Way apart from other eating patterns?



# How can you eat the Med Way?

1

Change  
your  
protein

2

Swap  
your  
fats

3

Eat  
more  
vegetables

4

Eat  
more  
fruit

5

Snack  
on nuts  
and seeds

6

Make  
your grains  
whole

7

Rethink  
your  
sweets

## 7 Steps to Eat the Med Way

## 2 Swap your FATS



7 Steps to Eat the Med Way

It's **FAT FREE!**



# Replaced Fat with Refined Carbohydrates

The fat



Refined carbohydrates



# What we know for **sure**

Replacing saturated fat with refined carbohydrates does not decrease risk of chronic disease.

Replacing saturated fat with poly/mono unsaturated fat has positive health benefits.

Consumption of a low-fat diet is not associated with a decreased risk of chronic disease nor is it associated with lower weight.

There is no safe level of trans fat.



# Fat choice continuum

EAT MORE

EAT LESS

## UNSATURATED

## SATURATED

## TRANS

Omega-3



Mono



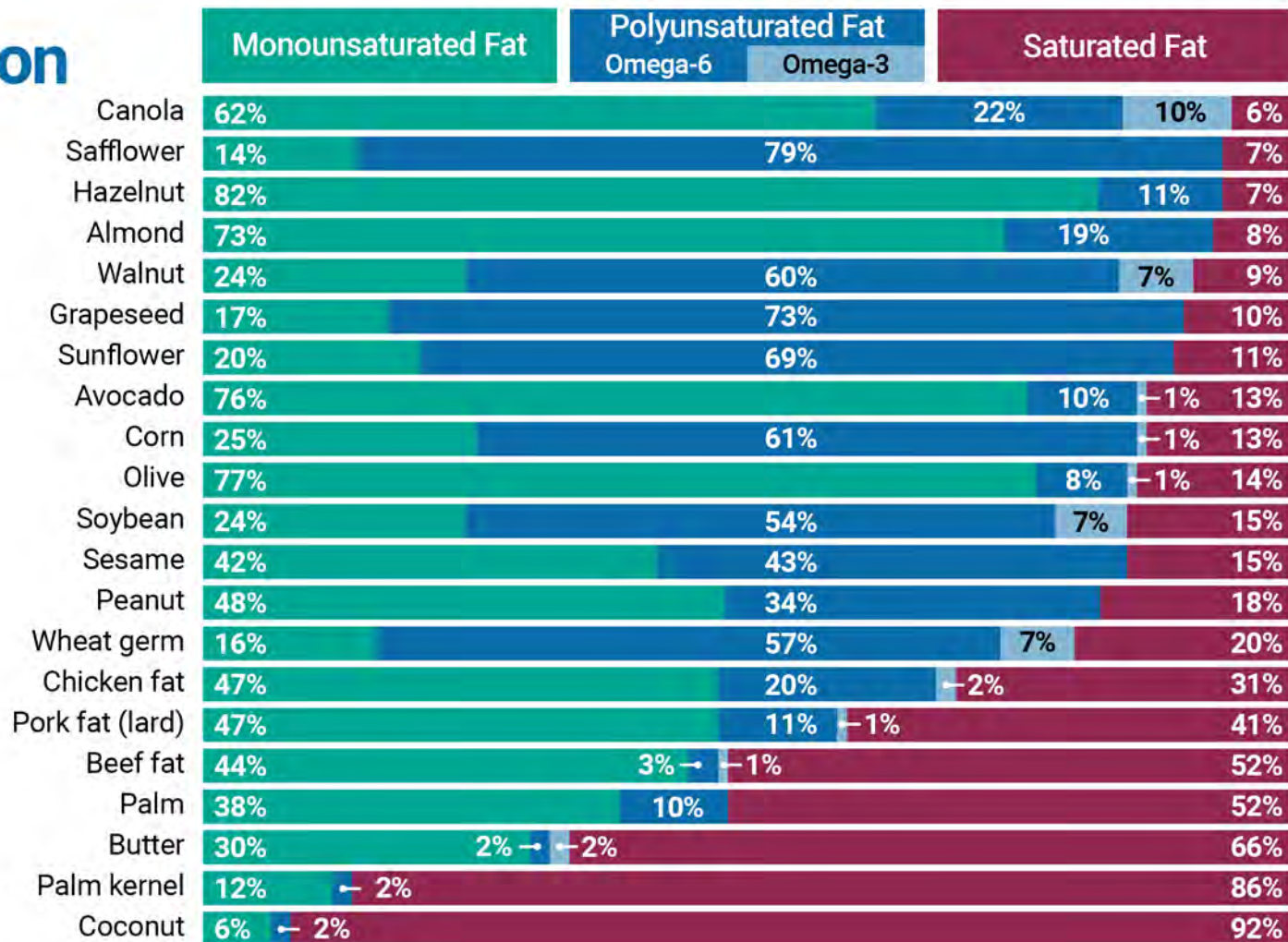
Omega-6



Total Fat 19g  
Saturated Fat 5g  
Trans Fat 5g  
Cholesterol 0mg

Where does mayonnaise fit on the continuum?  
It depends on what type of fat is used to make it.

# Oil Comparison



Nearly 9 out of 10  
people are  
worried about  
consuming **FAT**.





# Debunking some common **URBAN MYTHS**



1. Don't cook with olive oil.
2. Most olive oil is fake.
3. Canola oil is deadly.



Is there a **DANGER**  
with heating olive oil?

Debunking some common **urban myths**



Debunking some common **urban myths**

What does  
**scienceornot.net** say?

**MED** instead of  
**MEDS**  
medinsteadofmeds.com



Is most olive oil **FAKE**?

Debunking some common **urban myths**



Is canola oil **DEADLY**?

What does  
**snopes.com** say?

Become a Member **Snopes** Search Snopes

CONTACT US LATEST TOP FACT CHECKS COLLECTIONS NEWS ARCHIVES RANDOMIZER

Fact Check

### Is Ordinary Use of Canola Oil Dangerous?

Rapeseed oil has been used for cooking for centuries in Europe, India, China, and Japan.

By **Snopes Staff** & **Barbara Mikkelson** Updated Jun 20, 2022 Published Feb 6, 2001





Image Via Aleksandrs Simulovs / Shutterstock.com

f t i p e

Claim:

Ordinary use of canola oil is dangerous to consumers.

 **False**  
[About this rating](#)

Debunking some common **urban myths**

**MED** instead of  
**MEDS**  
medinsteadofmeds.com



1. Don't cook with olive oil.
2. Most olive oil is fake.
3. Canola oil is deadly.

Debunking some common **urban myths**



# 4 tablespoons of olive oil per day

Make olive oil your go-to for cooking and salad dressings.



**Olive oil toast  
2 teaspoons**



**Salad with vinaigrette  
1–2 teaspoons**



**Roasted vegetables  
1–2 teaspoons**



**Chicken breast  
sautéed in olive oil  
2 teaspoons**

**Total: 3–5 tablespoons**

# Take Steps to **SWAP** your **FAT**

## **MED** **FLIPS**



**Cook** with healthy oils instead of solid fat.

**Drizzle/Dress** dishes and salads with healthy oils.

**Replace** solid fat with healthy oils as a spread or in recipes.

• Sauté • Roast • Sear • Bake



Tomato Soup



Spicy Roasted Cauliflower

Swap Your FAT: **Cook with oil**

- Drizzle olive oil over hummus or other dips.
- Dress salads with olive oil based dressings.



White Bean Hummus



Summer Green Bean Salad

Swap Your FAT: **Drizzle/Dress—use olive oil**

# Goodbye to



Swap Your FAT: **Make your own salad dressing**

**GO MED**  
**Life Hack**



Citrus Salad Dressing



Balsamic Dijon Vinaigrette



+



ACID

+



OIL

+



SEASONING

Swap Your FAT: **Make your own salad dressing**



# MED FLIPS

Replaced bacon fat with **olive oil**.

Replaced butter with **olive oil**.

Replaced mayonnaise with **olive oil**.



Sautéed Squash & Onions



Olive Oil Toast



Mediterranean Tuna Salad

Swap Your FAT: **Replace solid fat with healthy oils**

1

Dark Bottle  
or Can



How to Buy Olive Oil

2 Extra Virgin



3

# Best By Date



How to Buy Olive Oil



- Buy olive oil in appropriate sized containers so that you use it within 30–60 days.
- Find an olive oil bottle that fits your needs and cooking style—keep it near your prep area.
- Store away from light and heat.

Olive oil is  
**SO EXPENSIVE.**

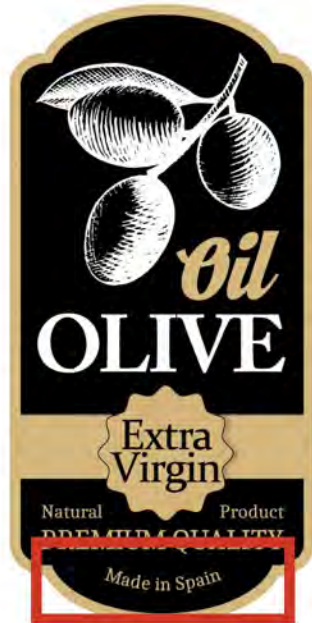
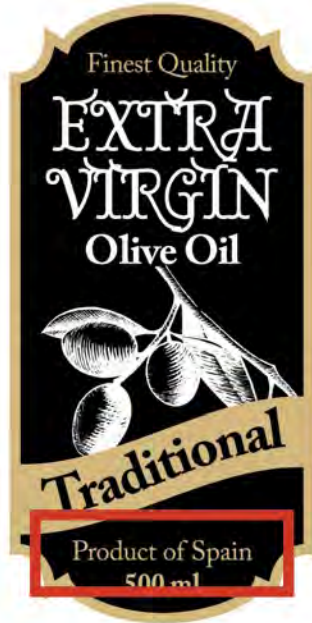


# Olive oil does not have to break your food budget.



Swap Your FAT

**MED** instead of  
MEDS  
medinsteadofmeds.com





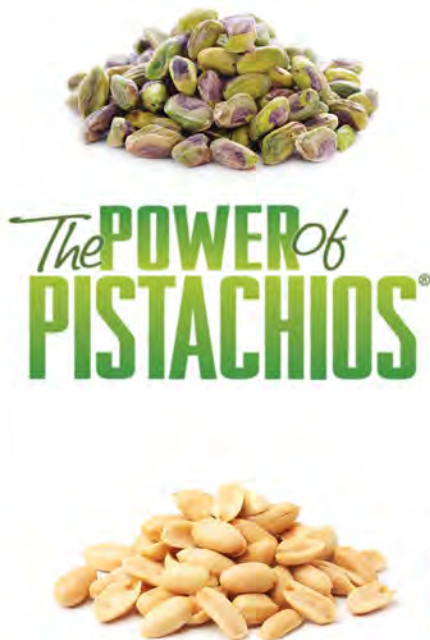
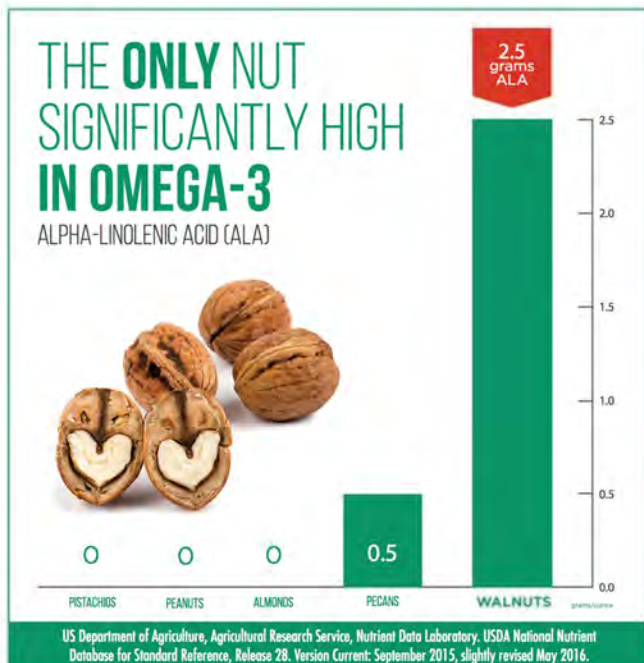
5

# Snack on NUTS AND SEEDS



7 Steps to Eat the Med Way

# Which nuts and seeds should you choose?



**HEALTH & NUTRITION**

**TASTY? YES. CRUNCHY? ABSOLUTELY. BUT DID YOU KNOW THAT ALMONDS ALSO PACK A SERIOUS NUTRITIONAL PUNCH?**

- HEART HEALTH\***
  - High in monounsaturated ("good") fat
  - No cholesterol or sodium
  - A top food source of the antioxidant vitamin E
  - [Learn More >](#)
- ENERGY**
  - 6 grams of protein per ounce
  - 12 vitamins and minerals
  - 13 grams of "good" monounsaturated fats
  - Rich in magnesium
  - [Learn More >](#)
- DIABETES**
  - Low glycemic index
  - May improve certain risk factors
  - Curbs cravings
  - [Learn More >](#)
- POWERFUL NUTRITION**
  - Tree nut highest in six essential nutrients
  - Prebiotic potential
  - Plus protein and fiber
  - [Learn More >](#)
- GLUTEN FREE**
  - Naturally 100% gluten free
  - Lots of forms to choose from
  - No stress substitutions
  - [Learn More >](#)
- WEIGHT MANAGEMENT**
  - 6 grams of power-packed protein
  - 3.5 grams of satisfying fiber
  - Good fit with popular weight-loss plans
  - Just 160 calories per ounce
  - [Learn More >](#)

**All American Super Food**

# Peanuts



Choose  
a variety.

Pick your favorite—all have health benefits.

**MED** instead of  
MEDS  
[medinsteadofmeds.com](http://medinsteadofmeds.com)



Aim for 3 ounces of  
nuts and seeds per week.



**Baby food jar**



**1/4 cup**



**3 x 3 sticky note**



**Handful**



**Smartphone**



**Shot glass**

**1 – 2 – 3:** 1 ounce of almonds is 23 almonds.

# Take Steps to **EAT MORE NUTS AND SEEDS**

 **MED**  
**FLIPS**

**Add** to salads and grains.

**Top** fruit with nuts and seeds.

**Snack** on nuts and seeds.





**Kale, Arugula, and Farro Salad**



**Whole Wheat Couscous Salad**



**Mushroom Almond Burger**



**Strawberry Quinoa Salad**

Eat more nuts and seeds: **Add to salads and grains**



Kachumber Salad with Peanuts



+



+



Eat more nuts and seeds: **Top fruit**



▶ **GO MED**  
**Life Hack**

Swap protein bars for nuts and seeds.



Swap cereal bars for nuts and seeds.



- Shelf-stable
- Portable
- Whole food



Eat more nuts and seeds: **Snacks**

## Nut butters—read the label

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b>		16g	21%	<b>Total Carb.</b>	7g
Sat. Fat		3.5g	10%	Total Sugars	2g
Trans Fat		0g		Total Sugars	2g
<b>Cholest.</b>		0mg	0%	Total Sugars	0%
<b>Sodium</b>		100mg	4%	<b>Protein</b>	7g
<b>Calories</b>		190		Vitamin B 6 0%	
INGREDIENTS:		Peanuts, palm oil, salt.			

©2018

We are passionate about peanut butter. Grab a spoon and join us!

For RECIPES, COUPONS + MORE visit [lovepeanutbutter.com](http://lovepeanutbutter.com)

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
<b>Total Fat</b>		16g	21%	<b>Total Carb</b>	8g
Sat Fat		3.5g	17%	Fiber	2g
Trans Fat		0g		Total Sugars	3g
<b>Cholest</b>		0mg	0%	Incl 2g Added Sugars	4%
<b>Sodium</b>		140mg	6%	Protein	7g
<b>Calories</b>		190		Vitamin D 0mcg 0%	
INGREDIENTS:		MADE FROM ROASTED PEANUTS AND SUGAR. CONTAINS 2% OR LESS OF: ALKALASES, FULLY HYDROGENATED VEGETABLE OILS (RAPESEED OIL, SUNFLOWER OIL), MONO AND DIGLYCERIDES, SALT.			

©2018 ALUF.COM. QUESTIONS? COMMENTS? 1-800-283-8915

THIS PACKAGE IS RECYCLABLE

Nutrition Facts		Amount/Serving	% Daily Value*	INGREDIENTS: ROASTED PEANUTS, SUGAR, PALM OIL, PEANUT OIL, HONEY, SALT.	
<b>Total Fat</b>		16g	21%	Distributed by Hormel Foods Sales, LLC	
Saturated Fat		3.5g	18%	1 Hormel Place, Austin, MN 55912	
Trans Fat		0g		© Hormel Foods, LLC	
<b>Cholesterol</b>		0mg	0%	ONLY FOR DISTRIBUTION IN THE USA	
<b>Sodium</b>		140mg	6%	Comments and questions call 1-888-475-4775	
<b>Total Carbohydrate</b>		9g	3%	0082414-84	
Total Sugars		5g	10%	GLUTEN FREE	
Includes 4g Added Sugars			8%	Good source of Vitamin E	
Protein		7g	14%	Vitamin D 0mcg 0%	
Vitamin D 0mcg		0%	0%	Calcium 0mg 0%	
Iron 0.4mg		2%	2%	Vitamin E 1.5mg 10%	
Vitamin E 1.5mg		10%	15%	Niacin 2.4mg	

Eat more nuts and seeds: **Nut butter**



# Mindful Eating and the Med Way

Right-size your portions.



**PORTIONS**

**WEIGHT**

## What is a normal portion?



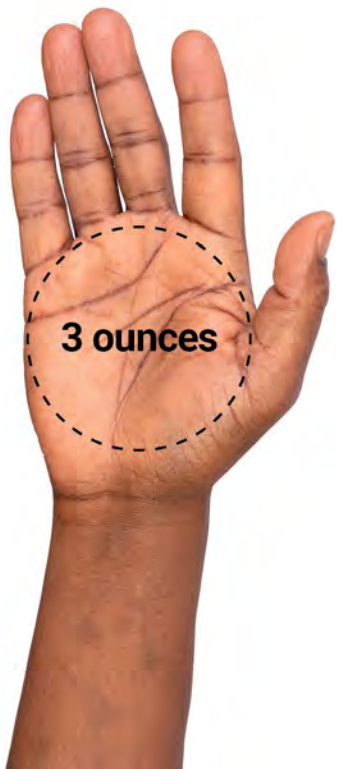
**A small handful of nuts or seeds is about 1 ounce.**

# What is a normal portion?



**3 ounces of cooked meat  
is about the size of the  
palm of your hand or a  
deck of playing cards.**

# What is a normal portion?



# What is a normal portion?



**1 ounce of cheese is about the size of your thumb or two dice.**



# What is a normal portion?



**Your fist is about the size  
of one cup.**

# What is a normal portion?

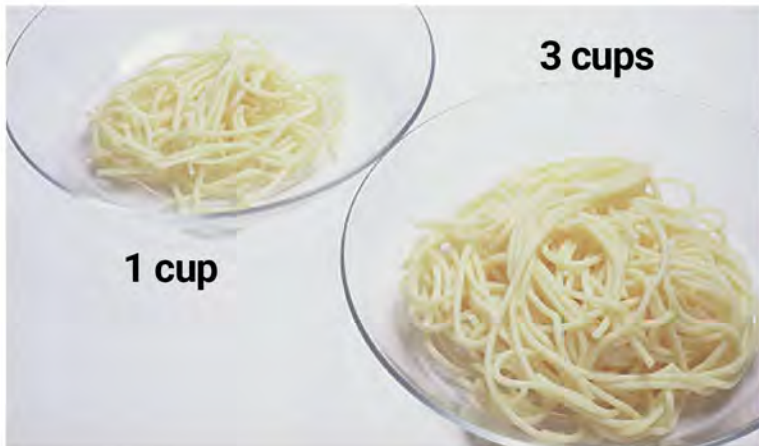


**1 cup  
or 1 serving**

**3 cups  
or 3 servings**

**A “bowl” of cereal may be a lot more than one serving.**

# What is a normal portion?



A “bowl” of pasta may be a lot more than one cup.

# MED TIPS

When you  
eat at home,  
you are in  
control.



Measuring what you eat for a few weeks will help you learn what normal portions look like on your plate.

# MED TIPS

When you  
eat at home,  
you are in  
control.



Serve reasonable portions on individual plates,  
instead of putting the serving dishes on the table.

When you eat at home, you are in control.

## Portion out snacks.

- Put a reasonable amount of food into a bowl or container and leave the rest of the package in the pantry.
- Package snacks in small bags for portion-controlled snacking.





When you eat at home, you are in control.



Use smaller plates and glasses.

# How many calories do I need?

Gender	Age	Activity Level <sup>1</sup>		
		Sedentary	Moderately Active	Active
Female	19-30	1,800-2,000	2,000-2,200	2,400
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000-2,200
Male	19-30	2,400-2,600	2,600-2,800	3,000
	31-50	2,200-2,400	2,400-2,600	2,800-3,000
	51+	2,000-2,200	2,200-2,400	2,400-2,800

Dietary Guidelines for Americans, 2020

1. **Sedentary** means a lifestyle that includes only the physical activity of independent living. **Moderately active** means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the activities of independent living. **Active** means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the activities of independent living. U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020.

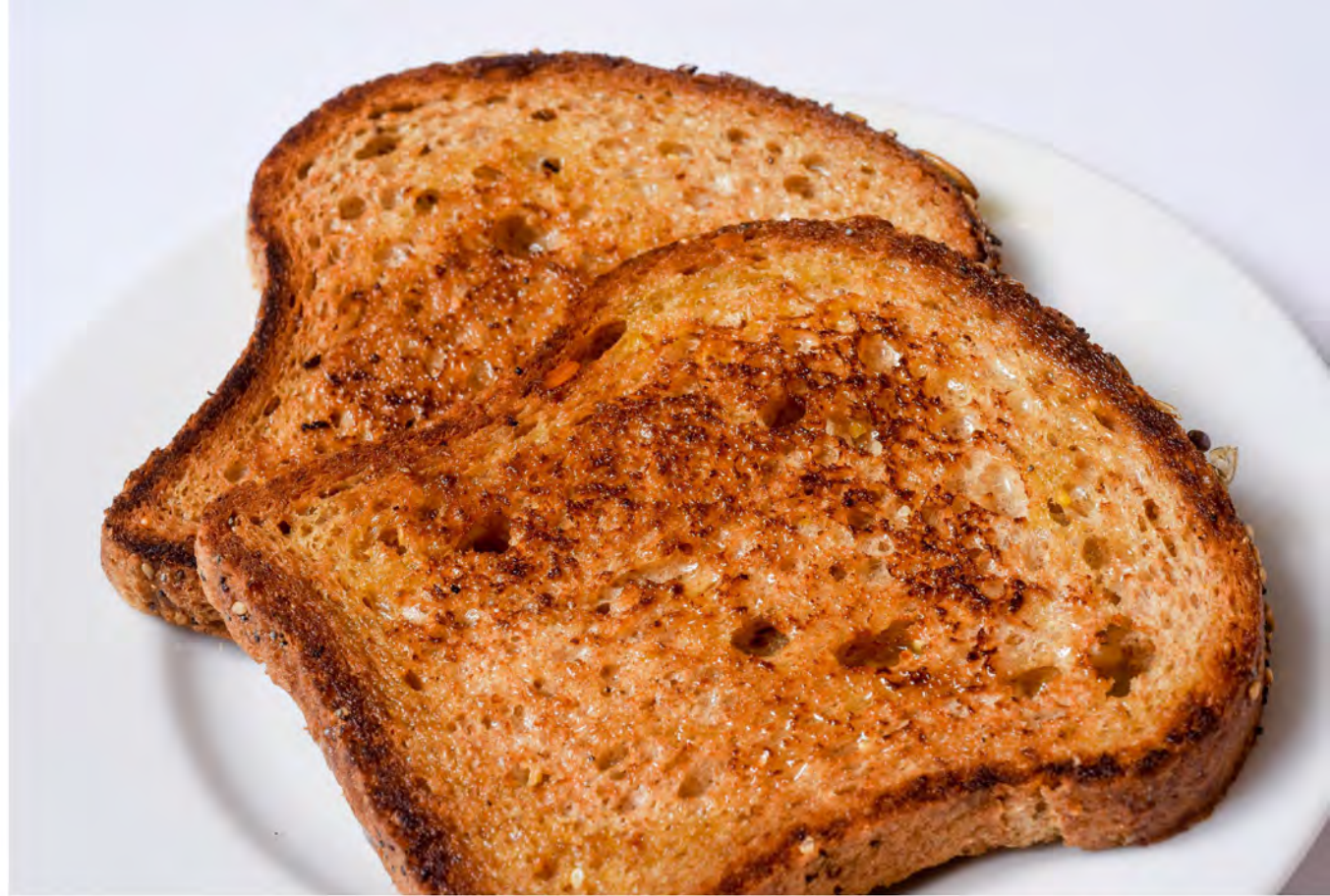


# Eating the Med Way

## Swap Your Fats



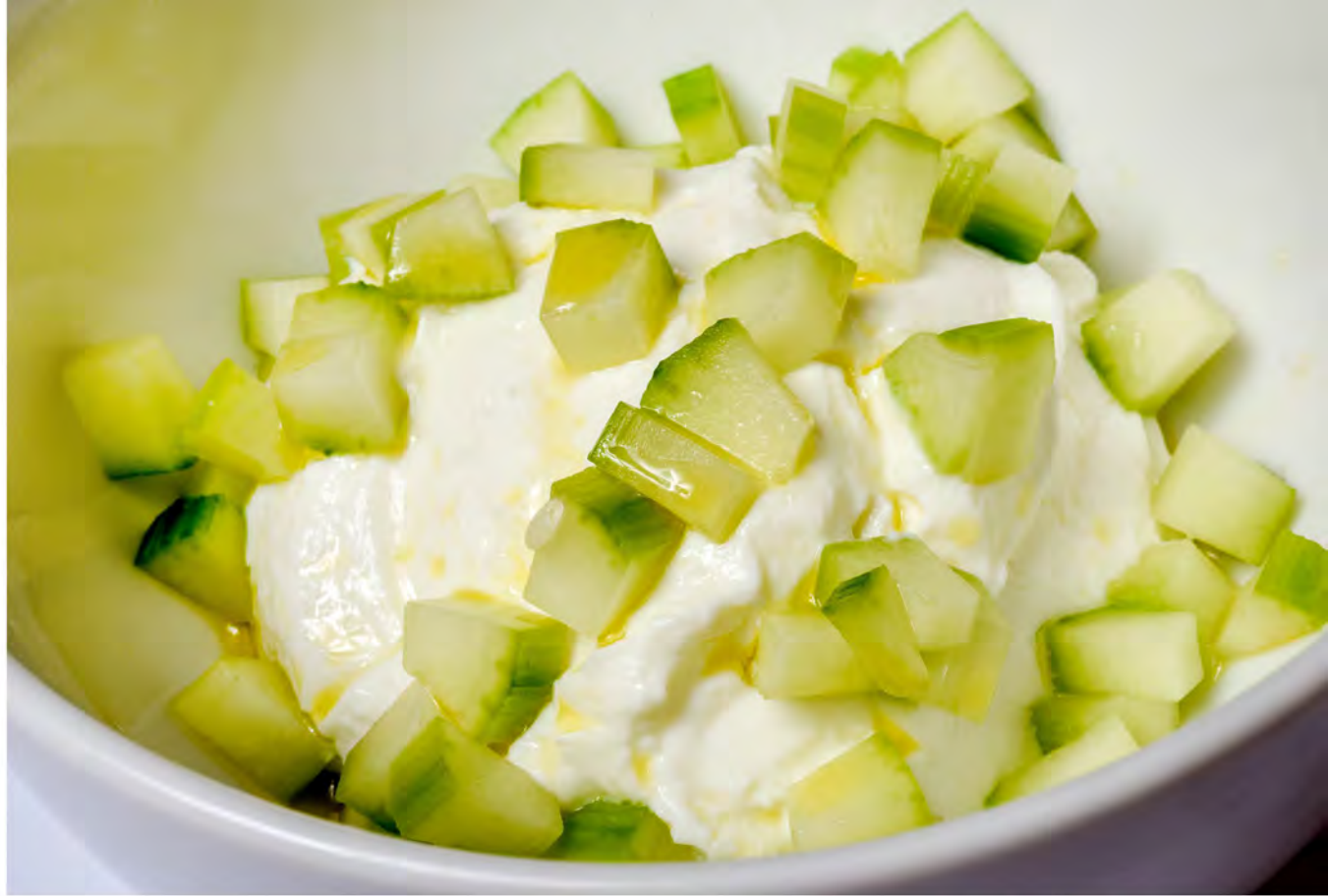
Med Way  
Recipe:  
**Olive Oil  
Toast**



Med Way  
Recipe:  
**Mediterranean  
Tuna Salad**



Med Way  
Recipe:  
**Cucumber  
Olive Oil  
Sea Salt  
Yogurt**



Med Way  
Recipe:  
**Citrus  
Salad  
Dressing**



Med Way  
Recipe:  
**Brown Rice  
Salad**



Med Way  
Recipe:  
**Spicy  
Roasted  
Cauliflower**



Med Way  
Recipe:  
**Olive Oil  
Deviled  
Eggs**





# Eating the Med Way

## Snack on Nuts and Seeds



Med Way  
Recipe:  
**Kale,  
Arugula,  
and Farro  
Salad**



Med Way  
Recipe:  
**Rosemary  
Chili  
Almonds**



Med Way  
Recipe:  
**Rosemary  
Chili  
Walnuts**



Med Way  
Recipe:  
**Kachumber  
Salad with  
Peanuts**



Med Way  
Recipe:  
**Quinoa  
Strawberry  
Salad**



Med Way  
Recipe:  
**Whole  
Wheat  
Couscous  
Salad**



Med Way  
Recipe:  
**Simple  
Stir Fry  
with Nuts**





Med Way  
Recipe:  
**Mushroom  
Almond  
Burger**



# Swap Your Fats and Snack on Nuts and Seeds

