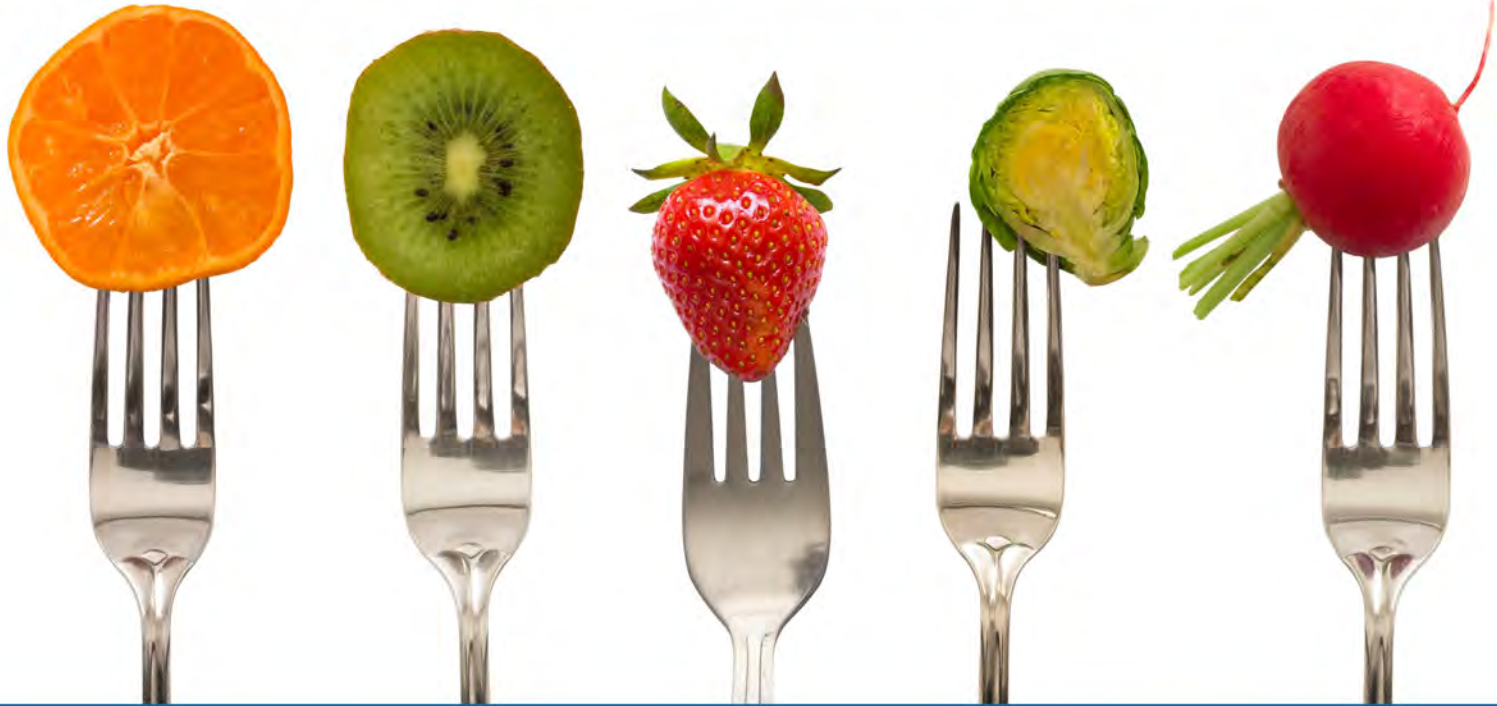


# Eat More Fruits and Vegetables





# 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

3

4

Eat more FRUITS and VEGETABLES



7 Steps to Eat the Med Way



The one thing upon which most dietary patterns,  
nutrition experts, and medical professionals CAN AGREE...

Eat more  
fruits and  
vegetables.

As fruit and vegetable intake goes up, weight goes down.



### Weight Busters

- Berries
- Apples/Pears
- Cruciferous vegetables
- Green leafy vegetables
- All other fruits and non-starchy vegetables

### Not so much

Corn and potatoes—**NOT protective**



Our diet should be built around **fruits and vegetables.**





# WHY don't we eat more fruits and vegetables?



- Cost
- Hard to cook
- Don't like them or like other things better



## Make fruits and vegetables:

- Cost effective
- Convenient
- Craveable



# MED TIPS

## Cost Effective

Buy on sale. Be flexible.



Eat more **fruits** and **vegetables**



# Cost Effective

Buy in season.



CSA—maybe



Farmers' Market

Eat more **fruits** and **vegetables**



# MED TIPS

Cost Effective  
Buy canned or frozen.



Eat more **fruits** and **vegetables**



# Cost Effective

Plan so there is no waste.

Monday  
Vegetable tacos

Tuesday  
Mushroom omelet

Eat more **fruits** and **vegetables**





## Cost Effective Think of the value.

Consuming 9 or more servings of fruits and vegetables resulted in a 60% reduction in cardiovascular disease.



Eat more **fruits** and **vegetables**



## Convenient

Prep, prep, prep.



- Single-serve bags
- Fruit washed and ready to go
- Fruit and vegetables cut up/peeled in lunch
- Prep salads and other vegetables ahead of time



Get help from a family member.



Eat more **fruits** and **vegetables**





# Convenient

Prep, prep, prep.

Get help from a family member.



**Vegetable Omelet**

Omelet prep:  
Cook vegetables for omelets



**Simple Stir Fry**

Stir fry prep:  
Vegetables cut and ready to stir fry



**Whole Wheat Couscous Salad**

Salad prep:  
Cut up fruit

Eat more **fruits** and **vegetables**

How far you take “prep” is up to you. Ingredients OR Meals





▶ **GO MED**  
**Life Hack**

**Convenient**

**ROAST** a pan  
of vegetables  
each week.



**Oven-Roasted Vegetables**

Eat more **vegetables**



**GO MED**  
Life Hack

Convenient

**FILL THE GRILL**

Eat more **fruits** and **vegetables**

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# Convenient

Think of leftover, prepped, or cooked fruits and vegetables as an ingredient.

- Extra roasted vegetables become an addition to a green salad.
- Top leftover marinara sauce or sautéed greens with an egg.
- Grilled vegetables become a sandwich or taco filling.
- Add extra grilled pineapple to salsa or use on top of fish.



Eat more **fruits** and **vegetables**

# How long will it keep— raw prepped vegetables, roasted vegetables, cooked meat?



Dr. Ben Chapman  
NC State University

**“What really matters is how cold the refrigerator is—45° vs 41° makes a big difference. And quality vs safety.**

**7 days for all of these things if it’s below 41°. If it’s above, 3 days max for safety.”**







# Craveable

## ADD FLAVOR with Oil and Seasonings



Boring Steamed Green Beans

or



Summer Green Bean Salad



Green Beans with Lemon Zest

Eat more **fruits** and **vegetables**

# MED FLIPS

Craveable  
ADD FLAVOR with Oil and Seasonings



Iceberg Lettuce Salad

or



Lentil Beet Salad



Quinoa Strawberry Salad



Apple Cucumber Slaw

Eat more **fruits** and **vegetables**



▶ **GO MED**  
**Life Hack**

ADD FLAVOR with Oil and Seasonings

FROM  
Swap  
Your  
Fats

Goodbye to



Eat more **fruits** and **vegetables**

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# Make your own salad dressing.



Chili Lime Vinaigrette



Sherry Dijon



Citrus



Balsamic Dijon



+



ACID

+



OIL

+



SEASONING

**ADD FLAVOR** with Oil and Seasonings

Eat more **fruits** and **vegetables**

Also on [medinsteadofmeds.com](http://medinsteadofmeds.com)

**Caesar and Cumin  
Dressing Recipes**



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Craveable

Even Non-Vegetable Eaters LOVE ROASTED



Spicy Roasted Cauliflower



Roasted Brussels Sprouts

Eat more **fruits** and **vegetables**

# Craveable

**ADD FLAVOR** with Oil and Seasonings

**SEASONING**—simple or a blend



Eat more **fruits** and **vegetables**





# Craveable

**PUMP UP** the vegetables in foods you and your family love.



Mushroom Beef Tacos



Whole Wheat Pasta  
with Beans and Greens



Mediterranean Tuna Salad

Eat more **fruits** and **vegetables**



# Mindful Eating and the Med Way

Simple steps for **MINDFUL EATING**



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# Mindless Eating → Mindful Eating

**MINDFUL EATING** is the practice of thinking about:

What  
should  
I eat?

How  
much should  
I eat?

How  
should  
I eat?

Why  
do  
I eat?



Eat without  
distractions—

no cell phone, TV,  
work, computer,  
newspaper, etc.

Simple steps for **MINDFUL EATING**

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Eat  
sitting  
down.

Simple steps for **MINDFUL EATING**

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Eat slowly and  
enjoy every bite.



Simple steps for **MINDFUL EATING**

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Try to make each meal  
last at least 20 minutes.

Simple steps for **MINDFUL EATING**

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Listen to your  
body cues.

Simple steps for **MINDFUL EATING**



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# Get to know your body cues

1. **Weak and light-headed:** Your stomach is churning
2. **Ravenous:** You are irritable and cannot concentrate
3. **Hungry:** Your stomach is rumbling
4. **Slightly hungry:** Beginning to feel the signs of hunger
5. **Neutral:** You could eat more but are not hungry
6. **Satisfied:** Perfectly comfortable
7. **Full:** A little uncomfortable
8. **Stuffed:** Uncomfortably full
9. **Bloated:** Need to loosen clothing
10. **Nauseous:** So full you may be sick

# Eating the Med Way

## Eat More Vegetables



Recipes | Inspiration | Techniques [medinsteadofmeds.com](https://www.medinsteadofmeds.com)

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Med Way  
Recipe:  
**Oven-  
Roasted  
Vegetables**





Med Way  
Recipe:  
**Roasted  
Brussels  
Sprouts**





Med Way  
Recipe:  
**Summer  
Green  
Bean Salad**



Med Way  
Recipe:  
**Cabbage  
Stir Fry**





Med Way  
Recipe:  
**Vegetable  
Omelet**



Med Way  
Recipe:  
**Avocado  
Toast**





Med Way  
Recipe:  
**Spicy  
Vegetable  
Tacos**



Med Way  
Recipe:  
**Whole  
Wheat  
Pasta with  
Pesto and  
Vegetables**





# Eating the Med Way

Eat More Fruit



Med Way  
Recipe:  
**Citrus Salsa**

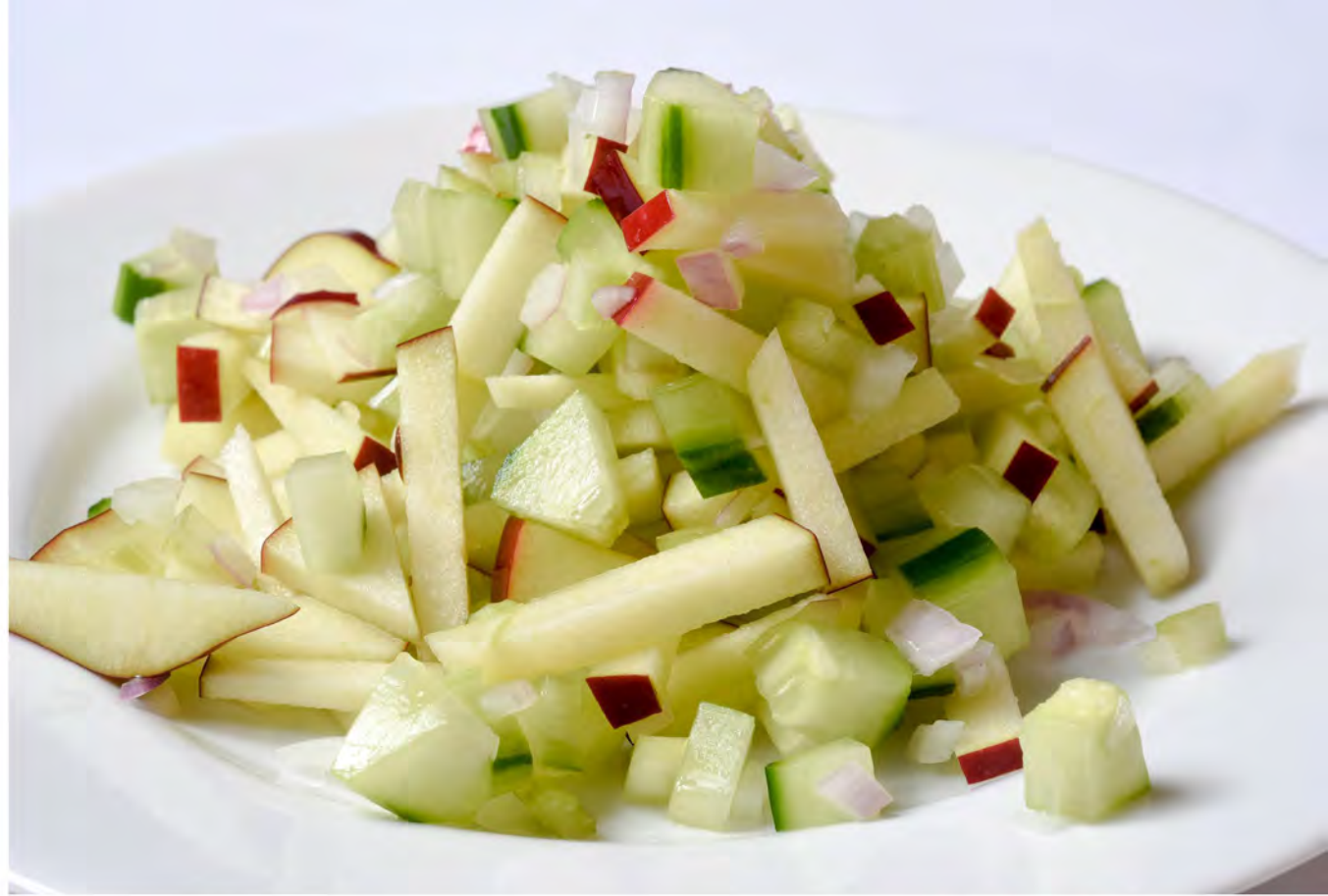




Med Way  
Recipe:  
**Mango,  
Black Bean,  
and Quinoa  
Salad**



Med Way  
Recipe:  
**Apple  
Cucumber  
Slaw**





Med Way  
Recipe:  
**Quinoa  
Strawberry  
Salad**



Med Way  
Recipe:  
**Chili Lime  
Salad with  
Grapefruit,  
Mango, and  
Pineapple**





Med Way  
Recipe:  
**Fruit  
Smoothie**



Med Way  
Recipe:  
**Peanut  
Butter  
and Apple  
Slices  
Sandwich**





# Eat More Fruits and Vegetables

