

# Change Your Protein





# 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



1

# Change your PROTEIN



7 Steps to Eat the Med Way

# Take Steps to **CHANGE** your **PROTEIN**

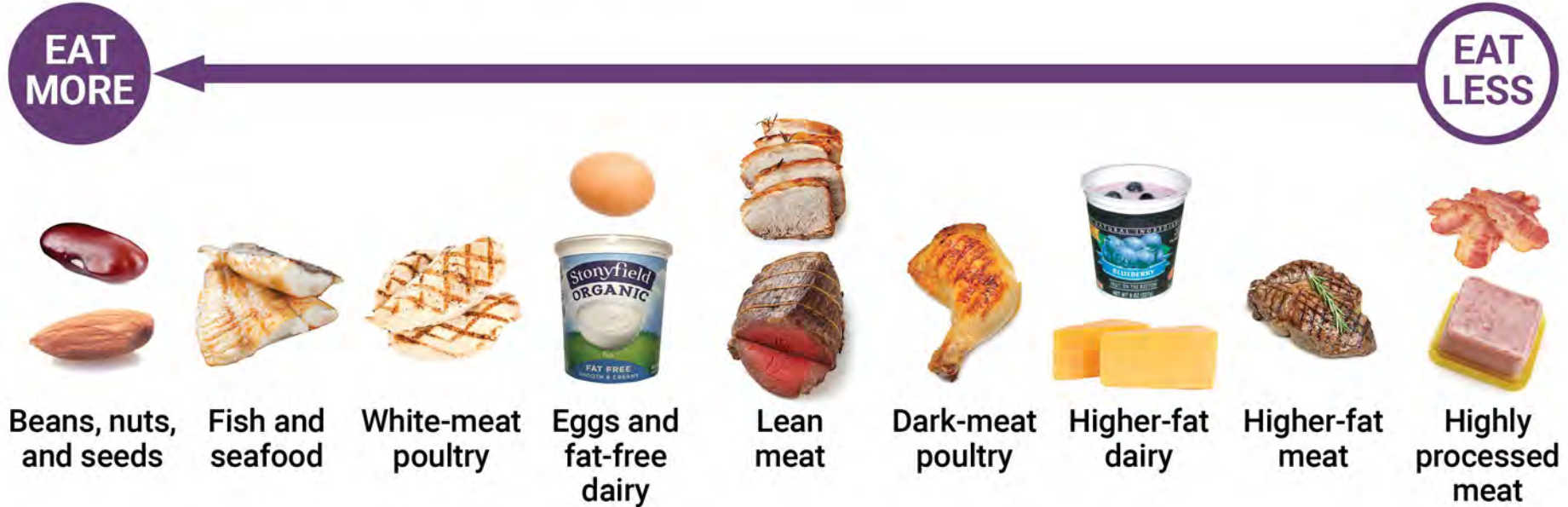


- Limit meat (beef, pork, lamb)
- Limit/eliminate highly processed meat
- Choose white-meat poultry
- Increase fish and seafood
- Increase plant protein (beans, nuts, seeds)
- Med Way dairy and eggs

**Changing** your protein is arguably the most **impactful** dietary change you can make.



# Protein choice continuum



# Limit Meat (Beef, Pork, Lamb)

Amounts  
suggested to  
GO MED vary.

We recommend no more than  
**2–3 times per month**  
with serving size of 4–6 ounces.  
*Less is even better.*

## MORE FISH—MORE PLANTS

Change Your PROTEIN: **Limit Meat**





Replace half of the ground meat in your recipes with vegetables.



Mushroom Beef Burger



Mushroom Beef Taco

Change Your PROTEIN: **Limit Meat**

Greatly limit or eliminate highly processed meats.



Use LESS bacon in recipes. Freeze bacon and use it one piece at a time.



Change Your PROTEIN: **Limit/Eliminate Highly Processed Meat**



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Life Hack



Change Your **PROTEIN**: Choose **White-meat Poultry**

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Healthy for you and healthy for the planet.



Change Your PROTEIN: **Eat Less Meat**

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# Eat Fish 2–3 Times per Week

Make at least one serving high-fat fish such as salmon



Salmon  
Burger



Basil, Shrimp and Tomato  
Pasta with Feta



Fish Taco with  
Avocado Mango Salsa

Change Your PROTEIN: Increase Fish and Seafood



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**Salmon  
Saturday**

Change Your PROTEIN: Increase Fish and Seafood

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## Common questions about fish and eating the Med Way...

- Do I have to eat fish to Go Med?
- What can I do about fish being expensive?
- What about mercury?
- Is farm-raised fish okay?

Change Your PROTEIN: **Increase Fish and Seafood**



Change Your PROTEIN: Increase Fish and Seafood

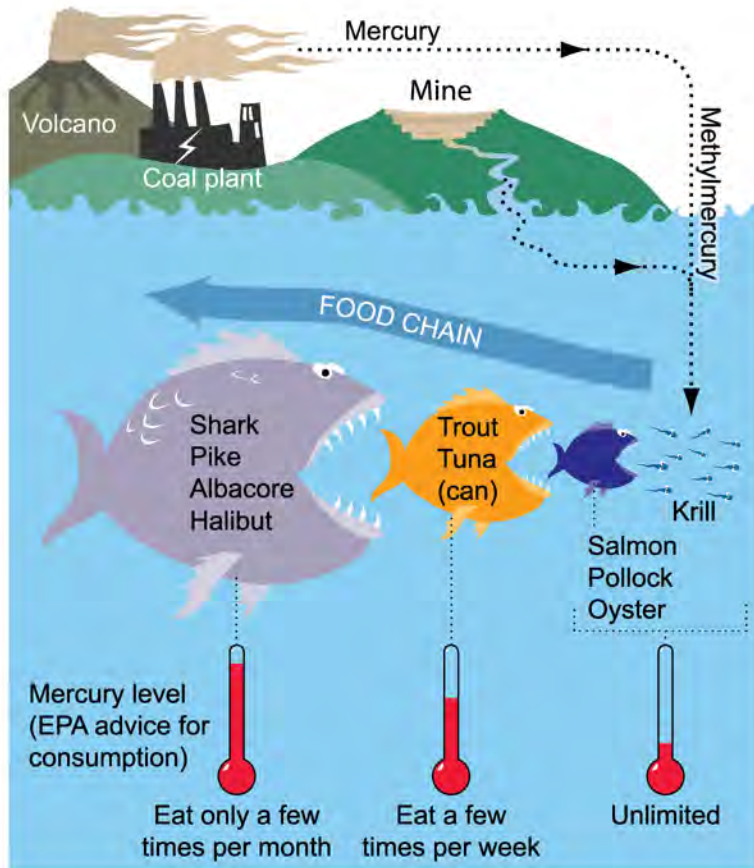


# What about mercury?



Change Your PROTEIN: **Increase Fish and Seafood**

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Don't let fear of mercury stand between you and eating fish.

Most commonly eaten fish and seafood are low in mercury while offering many health and nutrition benefits.

### Low-mercury fish

- |         |          |                         |
|---------|----------|-------------------------|
| Salmon  | Scallops | Anchovies               |
| Pollock | Flounder | Tilapia                 |
| Oysters | Cod      | Sardines                |
| Shrimp  | Crab     | Croaker                 |
| Catfish | Crawfish | Canned chunk light tuna |
| Clams   | Squid    |                         |

By Bretwood Higman, Ground Truth Trekking.  
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# Pregnancy and Small Children



**Don't eat raw, partially cooked, or high mercury fish such as:**

- Shark
- Swordfish
- King Mackerel
- Tile Fish
- Marlin
- Orange Roughy
- Bigeye Tuna
- Local catch from contaminated water

**Eat a variety of low-mercury fish each week.**

Change Your PROTEIN: **Increase Fish and Seafood**



**Farm Raised**



**Wild Caught**

**Change Your PROTEIN: Increase Fish and Seafood**





## Salmon

Atlantic, Domestic

SEARCH AGAIN

farm raised



Seafood Watch

2  
BEST

3  
GOOD

REFINE YOUR SEARCH

What kind is it?

Atlantic

Where's it from?

Domestic

Reset filters

BEST CHOICE	Type	Method	Location
	Salmon, Atlantic Salmon	Recirculating Aquaculture Systems	Worldwide
BEST CHOICE	Type	Method	Location
	Salmon, Atlantic Salmon	Recirculating Aquaculture Systems	U.S.
GOOD ALTERNATIVE	Type	Method	Location
	Salmon, Atlantic Salmon	Net pen	Maine

There are both  
good and bad  
farm raised  
and good  
and bad  
wild caught.

Monterey Bay Aquarium Seafood Watch  
[www.seafoodwatch.org](http://www.seafoodwatch.org)

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Change Your PROTEIN: Increase Plant Protein



**▶ GO MED**  
**Life Hack**

- Make double lentils and use as a bed for fish or chicken.
- Quinoa Pinto Bean Burgers freeze well.
- White Bean Hummus is a great to-go lunch.



**Lentils with Cumin  
Vinaigrette**



**Quinoa Pinto Bean  
Burger**



**White Bean  
Hummus**

**Change Your PROTEIN: Increase Plant Protein**

# BEST BEGINNER BEAN: Lentils



Lentil and Beet Salad



Lentils with Cumin Vinaigrette

**Lentils are easy and delicious.**

- Short cooking time
- Can use for multiple dishes

Change Your PROTEIN: Increase Plant Protein





Change Your PROTEIN: Increase Plant Protein

## ▶ GO MED Life Hack

- Soak beans 48 hours.
- Drain.
- Put in slow cooker with stock and water.
- Cook 8–10 hours on low.



Change Your PROTEIN: Increase Plant Protein



# Gas

Change Your PROTEIN: **Increase Plant Protein**

# MED TIPS



Change Your PROTEIN: Increase Plant Protein

COOK

Soak 48 hours.  
Change the water.  
Cook until very soft.  
Keep fully covered with water while cooking.

CHEW

Chew well.

GO SLOW

Add beans slowly to your diet.

ADD

Ginger | Ajwain Kombu | Epazote | Cumin

SALT LATER

Add salt very late in the cooking.

RINSE WELL

Canned beans need to be rinsed well.  
Cook to further soften the beans.





So, you have a pot of beans in your refrigerator.  
So, you have cans of beans in your pantry.

# Now what?

- Add to salads
- Beans and rice
- Hummus or other bean spread
- Burritos
- Tacos
- Side dish—drizzle with olive oil
- Bean soup—blend half and add back to pot

# What about vegetarian and the Med Way?

- Protein is usually not an issue.
- EPA and DHA may need to be supplemented.
- Vitamin B12 (if vegan) may need to be supplemented unless consuming fortified foods.
- Tofu/soy is not a miracle and not a demon.



# What about dairy, eggs, and the Med Way?



The traditional Mediterranean-style eating pattern is not high in dairy (1–2 servings per day).

- Yogurt: low-fat or fat-free
- Cheese in small amounts
- Fat-free milk in small amounts



AHA and ACC still recommend a diet low in saturated fat.

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# Take Steps to **CHANGE** your **PROTEIN**



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# Mindful Eating and the Med Way



**MEAL PLANNING: Planning makes it happen**

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# MED TIPS

## Make time to plan.

- Set aside 30 minutes to plan.
- Make a list of the main dish and side dishes you will serve for each day of the week.
- Use Med Way recipes to help you plan—[medinsteadofmeds.com](http://medinsteadofmeds.com).





# MED TIPS

## Keep it simple.

- Select recipes with few ingredients.
- Choose recipes you feel comfortable preparing.
- Use simple cooking techniques.



Find simple, delicious, and satisfying Med Way recipes @ [medinsteadofmeds.com](https://www.medinsteadofmeds.com).

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# MED TIPS

## Make a shopping list.

Make a list of all the items you will need for the week.

- Check what you have.
- Include the basics.



# MED TIPS

## Keep it interesting.

- Get your family involved.
- Use foods that are in season.
- Try a new recipe each week.



# MED TIPS

Keep  
balance  
in mind  
when  
planning.

## HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



**STAY ACTIVE!**

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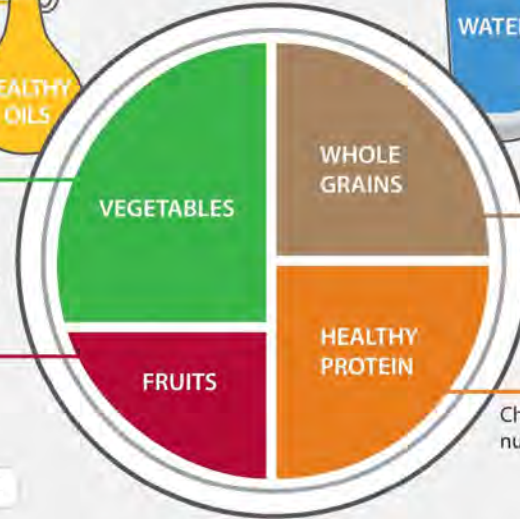
Harvard T.H. Chan School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)





# MED TIPS Plan for leftovers.

- Think of leftovers as an ingredient, not the same food a second time around.
- Freshen it up!
- Freeze leftovers for later in the month.



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

Organize your pantry, refrigerator,  
and freezer.





# Be **MINDFUL** about Meal Planning, Food Buying, and Food Preparation

- Be realistic about how much time you are willing to give to food prep and plan accordingly.
- Remember, healthy eating is a continuum, not an absolute (i.e. choose healthyish over fast food).







**▶ GO MED**  
**Life Hack**



- Find your family's standards, such as Salmon Saturday.
- Find your family's go-tos.

# Eating the Med Way



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

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Med Way  
Recipe:  
**White Bean  
Hummus**



Med Way  
Recipe:  
**Lentil and  
Beet Salad**





Med Way  
Recipe:  
**Whole  
Wheat  
Pasta with  
Beans and  
Greens**



Med Way  
Recipe:  
**Mushroom  
Beef Taco**





Med Way  
Recipe:  
**Tuna  
Burger**



Med Way  
Recipe:  
**Salmon  
Burger**





Med Way  
Recipe:  
**Quinoa  
Pinto Bean  
Burger**



Med Way  
Recipe:  
**Curried  
Cauliflower  
and  
Chickpea  
Tacos**





Med Way  
Recipe:  
**Black Bean  
Soup**



# Change Your Protein

