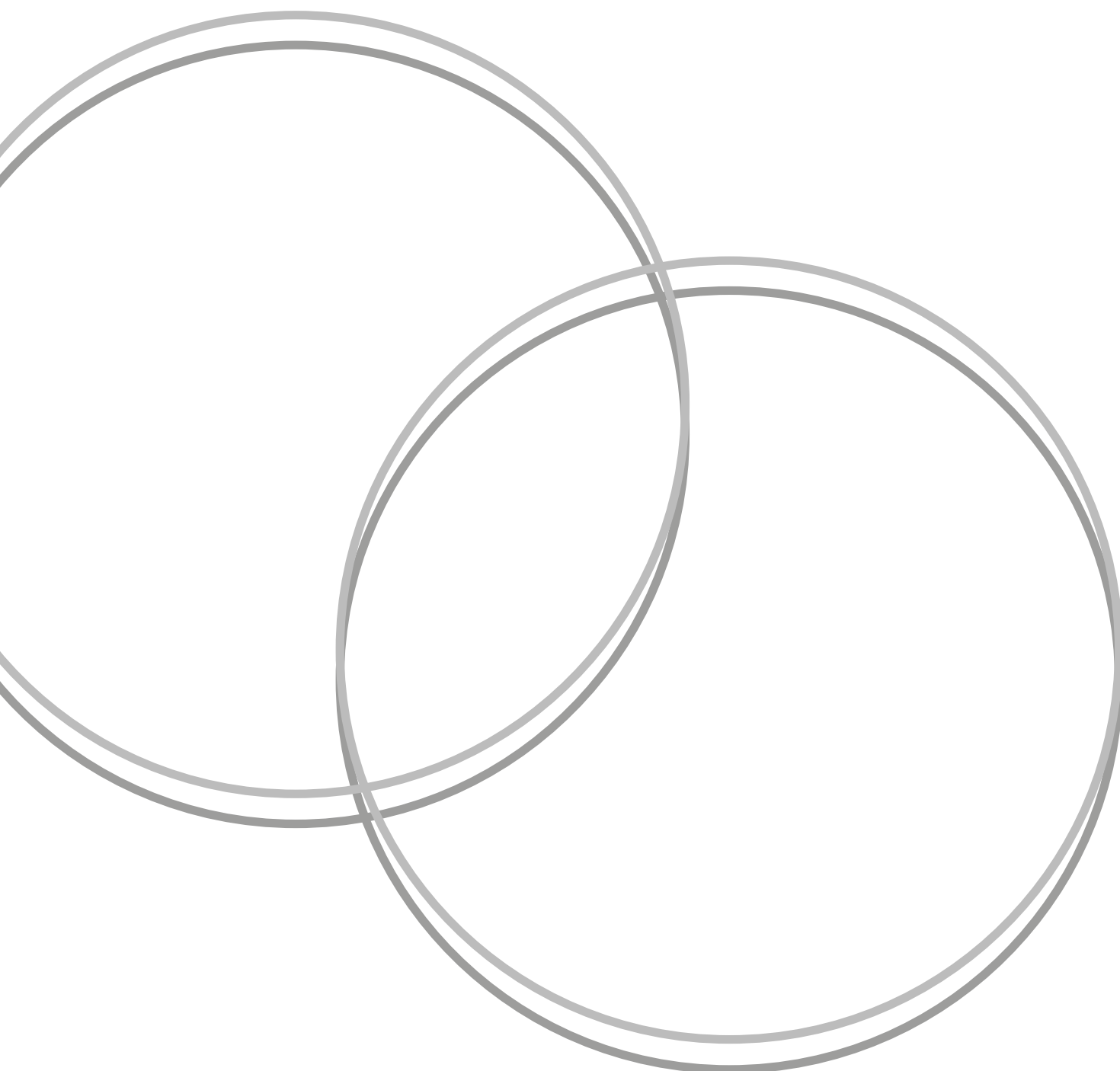




Oxford University Hospitals
NHS Foundation Trust

The Mediterranean- Style Diet

Information for patients



Useful websites and recipe ideas

NHS choices website:

Healthy recipes:

www.nhs.uk/Livewell/healthy-recipes/Pages/Healthy-recipes

Eatwell guide:

www.gov.uk/government/publications/the-eatwell-guide

Get the free NHS Food Scanner app:

apps.apple.com/gb/app/change4life-food-scanner/id1182946415 or

play.google.com/store/apps/details?id=com.phe.c4lfoodsmart&hl=en_GB

Change4life (recipe finder):

www.nhs.uk/change4life/pages/meal-planner-recipe-finder

British Heart Foundation (recipe finder):

www.bhf.org.uk/heart-matters/healthy-eating-toolkit/recipe-finder

BHF Heart Matters magazine:

(online or order publication)

www.bhf.org.uk/heart-matters-magazine

BHF Eat better leaflet:

www.bhf.org.uk/information-support/publications/healthy-eating-and-drinking/eat-better

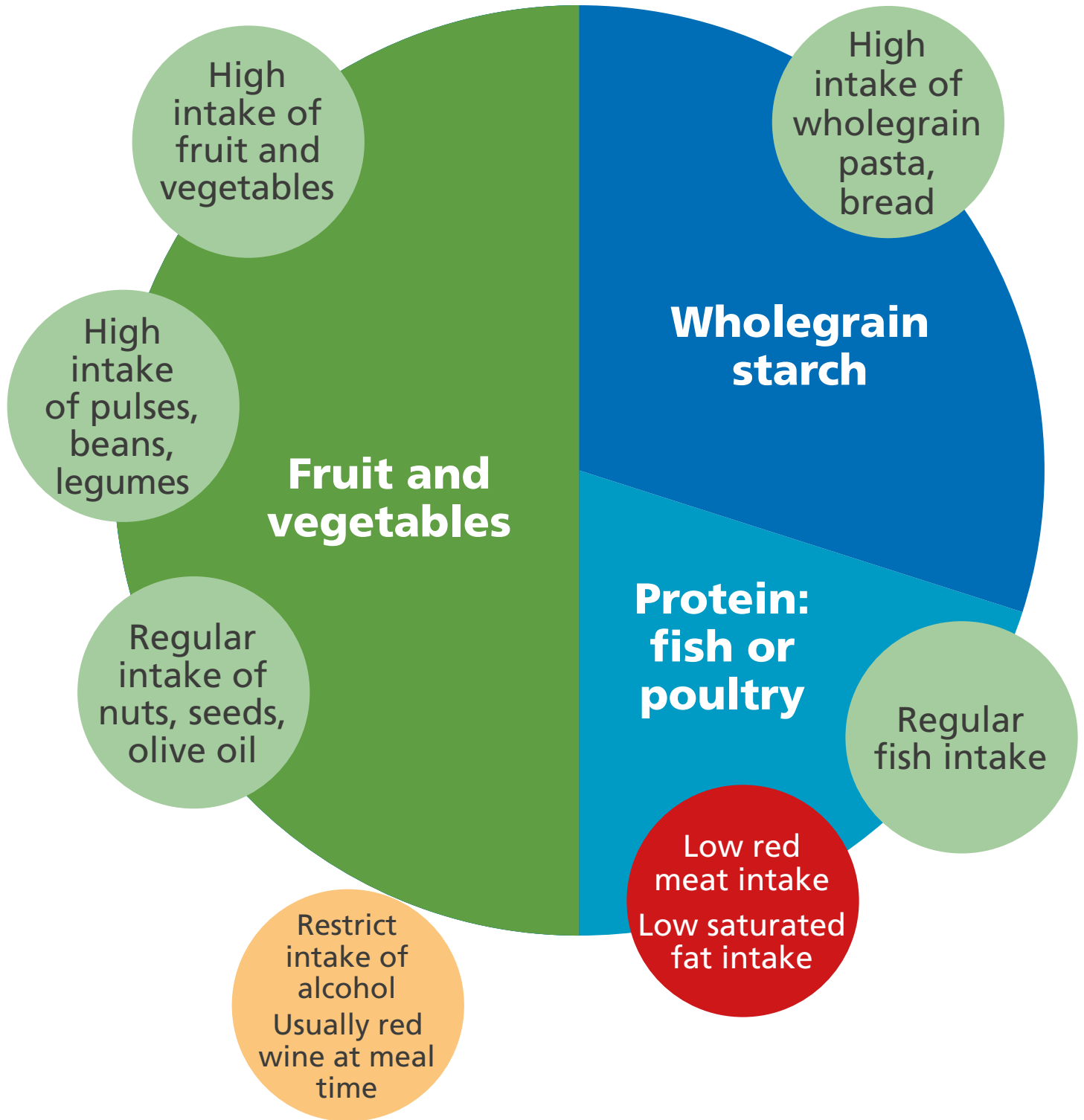
BHF Taking Control of Food Portions and Labels:

www.bhf.org.uk/information-support/publications/healthy-eating-and-drinking/taking-control-of-food-portions-and-labels

BHF Understanding your weight:

www.bhf.org.uk/information-support/publications/healthy-eating-and-drinking/understanding-your-weight

Principles of a Mediterranean Style Diet



Studies indicate that following a Mediterranean diet can lower the risk of heart disease and stroke by 30%.

Eating healthily is eating a wide variety of food, in the right quantities for you.

Fruit and vegetables

Fruit and vegetables are one of the main components of a Mediterranean diet.

By choosing a 'rainbow' of fruit and vegetables you will benefit from a wide variety of nutrients, vitamins and minerals and they are high in fibre.

Legumes (beans, peas and pulses)

By eating 3 servings of legumes a week, you will increase your intake of soluble fibre which can lower your cholesterol level and make you feel fuller for longer.

You could do this by replacing meat with beans, lentils or soy products as your source of protein.

Olive oil

Use olive oil as your main culinary fat, for cooking, preparing food and as a salad dressing.

Using olive oil as part of a Mediterranean diet is better for preventing heart disease than following a low fat diet.

Meats and fish

Swap from red or processed meat to fish and poultry. This will reduce your intake of saturated fats.

Another way to reduce saturated fats is to choose lean cuts and remove visible fat and skin.

Try grilling or roasting without fat, stir fry or casserole.

Wholegrain starches, nuts and seeds

Opt for brown rice and pasta.

Eat porridge oats or wholegrain cereals for breakfast.

Use wholegrain bread ('brown bread with bits').

Leave skins on potatoes and try sweet potatoes instead.

Snack on nuts and seeds.

Add nuts and seeds to salads, stews, yoghurt or pudding toppings.

Sauces

Use fresh sauces based on olive oil, onions, garlic and leeks.

Experiment with herbs, spices, pepper or lemon to add flavour, instead of salt.

MEAL IDEAS:

Breakfast

- Cooked breakfast – grilled bacon (rind removed), poached egg, baked beans and mushrooms.
- Porridge with fruit added (banana, blueberries).
- Wholegrain toast with egg, sardines, baked beans.
- Low fat natural yoghurt and fruit.
- Wholegrain cereals: wholewheat cereal biscuits, shredded wholegrain pillows (sweeten with fruit).

Lunch

- Homemade soup – low salt, packed with veg or beans.
- Chicken and salad sandwich made from wholegrain bread.
- Light cheese (30% less fat), wholegrain crackers and grapes.
- Salad with wholegrain sandwich or baked potato (try sweet potato for a change), filled with beans, cottage cheese, tuna, salmon, chilli con carne.

Dinner

- Lemon chicken with brown rice and mixed veg.
- Chilli con carne with less meat and extra beans or lentils.
- Fish pie with peas, carrots and sweetcorn.
- Italian chicken in fresh tomato sauce and brown pasta.

By achieving two more targets, on top of what you are doing already, you can reduce your risk of heart disease and stroke by 9%.

Which two do you think you can do? Could you do more?

EAT MORE: (see below for 1 portion)	Aim for:	I can do this!
Fruit: 80g/3oz/one handful 1x apple, nectarine, pear, peach, banana, orange 2x small clementines, apricots, plums, kiwi 1 handful of cherries, raspberries, strawberries, grapes 1-2 slices of melon, papaya, pineapple, mango	3 portions daily.	
Vegetables: 80g/3oz/one handful/3-4 tablespoons 3 tbsp cooked courgette, sweetcorn, carrots, parsnip, peas 4 tbsp cooked spinach, green beans, cabbage, mushrooms, kale 1 bowl of mixed salad, 5cm cucumber, 3 sticks of celery, 1 carrot	5 cooked or 3 raw portions daily, or 3 salad portions.	
Wholegrain starch: One handful/2-3 tablespoons Brown rice or pasta (cooked), 1 slice of wholegrain bread	8 portions daily for men, 7 for women.	
Legumes (beans, peas and pulses): 150g/5oz/5-6 tablespoons	3 portions weekly.	
Fish: 100-150g/4-5oz (or shellfish 200g/7oz)	3 portions weekly.	
Nuts, seeds and grains: 30g/1oz/one small handful/1 tablespoon	3 portions weekly.	
Products made from olive oil: As main culinary fat, used when frying, on salad, as spread	4 tablespoons daily.	
RESTRICT:	Limit to:	
Wine (1 unit = 125mls glass)	10 units per week	

EAT LESS:	Aim for:	I can do this!
Red meat or pre-prepared, processed food (100-150g per portion)	Less than 1 portion a day	
Foods high in fat and/or sugar: pastries, sweets, ice cream, etc.	Fewer than 3 portions weekly	

Questions and Notes

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs.

If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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