February 11, 2020

Eating the Mediterranean way is not only healthy, it is delicious and satisfying. Foods that you once thought of as too high in fat or unhealthy, including nuts, olive oil, olives, and whole grains, become an everyday part of your diet.

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Chronic disease that can be prevented by lifestyle changes, specifically diet and exercise.

People feel STUCK.

"I DON'T HAVE TIME. REALLY, I DON'T HAVE TIME."

CULINARY literacy is at an all-time low.

Med Instead of Meds
Carolyn Dunn, PhD, RDN, LDN
NC State University
Where does the Med Way stand on these super foods?

Where does the Med Way stand on limiting these foods?

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NC State University
Eating the Med Way is NOT about a flavor profile.

Typical Italian or Greek dishes are NOT always consistent with eating the Med Way.

Typical Italian or Greek dishes are NOT always consistent with eating the Med Way.

Typical Italian or Greek dishes are NOT always consistent with eating the Med Way.

Cook and eat REAL food.

The MAGIC is here – in all the food choices that make up the Med Way of eating.

Don’t get hung up on magical ingredients. The magic is in all of the food choices that make up the Mediterranean way of eating.

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DASH Diet

Original DASH was lower in fat than Med. New DASH is closer (but still not as high in healthy fat) to what is recommended in Med.

The new Dietary Guidelines include the Healthy Mediterranean-Style Pattern that has been modified to reflect eating patterns that have been associated with positive health outcomes in studies of Mediterranean-Style diets.

Why should you GO MED?

Eating the Med Way decreases the risk of some forms of cancer.

Research shows that a Mediterranean Diet/Med Way of Eating is better than a low-fat diet for WEIGHT LOSS.

The Med Way

- Better than low-fat for weight loss in overweight and obese individuals
- Higher fat (up to 42% total dietary fat) did not increase weight

Nearly 9 out of 10 people are worried about consuming dietary fat

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We must abandon the notion that low-fat leads to less weight gain!

The Med Way protects against COGNITIVE DECLINE by protecting the small blood vessels in the brain.

The Med Way decreases the risk of type 2 diabetes.

Research shows that a Mediterranean Diet/Med Way of Eating is better than a low-fat diet for DIABETES.

40% lower risk of developing Alzheimer's when you Go Med.

The Med Way may improve eye health including decreasing the risk of macular degeneration.

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Eating the Med Way can help manage blood pressure.

The Med Way can reduce the risk of cardiovascular disease as much as 30%–60%.

"...in terms of evidence-based medicine, the full adoption of a modern version of the Mediterranean diet pattern can be considered one of the most effective approaches for the prevention of fatal and nonfatal CVD complications."

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

What sets the Med Way apart from other diet patterns?

Simple Delicious Satisfying

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How can you eat the Med Way?

7 Steps to Eat the Med Way

1. Change your protein
2. Swap your fats
3. Eat more vegetables
4. Eat more fruit
5. Snack on nuts
6. Make your grains whole
7. Rethink your sweets

1 Change your PROTEIN

Take Steps to CHANGE your PROTEIN

MED Flips
- Limit meat (beef, pork, lamb)
- Limit/eliminate processed meat
- Choose poultry often
- Increase fish
- Increase plant protein
- Med Way dairy and eggs

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

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

MED Tips
Add half vegetables to ground meat.

Mushroom Beef Burger
Mushroom Beef Taco

Change Your PROTEIN: Limit Meat

MED Tips
Greatly limit or eliminate processed meats.

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

Change Your PROTEIN: Limit/Eliminate Processed Meat

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Eat Fish 2–3 Times per Week
Make at least one high-fat fish such as salmon

Change Your PROTEIN: Increase Fish
- Salmon Burger
- Pasta with Tomatoes and Shrimp
- Fish Taco with Avocado Mango Salsa

Eat Fish 2–3 Times per Week
Make at least one high-fat fish such as salmon

Change Your PROTEIN: Increase Plant Protein

Swap your FATS
1. Change your PROTEIN

It’s FAT FREE!

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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.

BENEFIT 

POLYUNSATURATED 
MONOUNSATURATED 
SATURATED 
TRANS

Seared Omega 3
Plant Omega 3
Plant Omega 6

Coconut
Palm kernel
Palm
Beef fat
Chicken fat
Sunflower
Safflower
Grapeseed
Wheat germ
Walnut
Soybean
Corn
Sesame
Peanut
Canola
Almond
Olive
Hazelnut

Nearly 9 out of 10 people are worried about consuming dietary fat.

Swap your FAT:

Drizzle/dress—use oil

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

Summer Green Bean Salad
White Bean Hummus

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7 Steps to Eat the Med Way

5 Snack on NUTS AND SEEDS

- 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.

Choose a variety.

Pick your favorite—all have health benefits.

Aim for 3 ounces of nuts and seeds per week.

Take Steps to EAT MORE NUTS AND SEEDS

Add to salads and grains.
Top fruit with healthy nuts or seeds.
Snack on nuts and seeds.

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3 4 Eat more FRUITS and VEGETABLES

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

Eat more fruits and vegetables.

Large data set revealed: 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

Fruit and vegetable intake

Weight

WHY don’t we eat more fruits and vegetables?

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

Our diet should be built around fruits and vegetables.

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Make Fruits and Vegetables:
- Cost effective
- Convenient
- Cravable
Eat more Fruits and Vegetables Cost Effective Buy on sale. Be flexible.

Don’t let buying organic or exotic fruits and vegetables keep you from eating more!

Eat more Fruits and Vegetables Cost Effective Buy in season.

CSA—maybe Farmer’s Market

Eat more Fruits and Vegetables Cost Effective Buy canned or frozen.

Convenient Prep, prep, prep.
• Single serve bags
• Fruit washed and ready to go
• Fruit and vegetables cut up/peeled in lunch
• Pre-prep salad and other vegetables

Get help from a family member.

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

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Wheat and belly fat...

High consumption of refined grains associated with increased body fat.
Consumption of whole wheat (at least 3 servings per day) associated with decreased abdominal fat.

—The Framingham Heart Study

Whole and refined grain intakes are differently associated with abdominal, visceral and subcutaneous adiposity in adults.

Most Americans eat approximately 7 ounces of grain per day.

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Consumption of whole wheat (at least 3 servings per day) associated with decreased abdominal fat.

Most Americans eat approximately 7 ounces of grain per day.

Less than 1 ounce (on average) is whole grain.

Whole Grains

Whole wheat, whole grain corn, popcorn, brown rice, whole rye, whole oats, wild rice, buckwheat, triticale, bulgur (cracked wheat), quinoa, sorghum, whole grain barley, whole grain couscous

BUYER BEWARE

Multi Grain
100% Wheat
Made with Whole Grain

BUYER BEWARE

Multi Grain
100% Wheat
Made with Whole Grain

MED Tips

Eat grains as grains, not foods made from grains.

Eat MORE bulgur, brown rice, oatmeal—less bread, crackers, etc.

Make your grains whole

MED Flips

Switch to whole grain products.

Switch to whole grain products.

Oatmeal, Pasta, Rice or other whole grain

Take steps to MAKE your grains whole.

Eat MORE bulgur, brown rice, oatmeal—less bread, crackers, etc.

Make your grains whole

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So many types of oatmeal...

ALL made from Oat Groats

7 Rethink your SWEETS

1. 4 cups water, 1 cup oats
2. Bring to full boil.
3. Cover and place in refrigerator overnight.

GO MED LIFE HACK EASY Steel Cut Oats

STEEL CUT OATS SHORTCUT

Make your grains whole

SUGAR: Making us sick

Inflammation

Added Sugar

Sugar Found Naturally in Food

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We crave sugar from birth.

- Consuming sugar signals the release of serotonin and endorphins—we feel good.
- It tastes good.

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Average sugar consumption in the U.S. is 152 pounds per year.

3 X recommended amount

Sugar in America

6-9 teaspoons of added sugar

Recommended intake

SUGAR: Too much of a sweet thing

6 teaspoons added sugars recommended for women per day
9 teaspoons added sugars recommended for men per day

VS

15 teaspoons of sugars in a 20-oz. Coke

23 teaspoons actual added sugars consumed by an average American per day

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74% of processed foods contain added sugar. An assault on our palate!

Eating the Mediterranean way is not only healthy, it is delicious and satisfying. Foods that you once thought of as too high-in-fat or unhealthy, including nuts, olive oil, olives, and whole grains, become an everyday part of your diet.

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