



# MAKE IT *Mediterranean*

Embrace this plant-forward way of eating – including grapes – to promote better health.

For thousands of years, grapes have been a key ingredient in the Mediterranean diet. In today's modern kitchens, juicy, sweet Grapes from California help make Mediterranean-inspired meals more colorful and flavorful.



## What is the Mediterranean diet? *fresh, flavorful food!*

The Mediterranean diet is not a prescribed "diet" in the usual sense, but rather an approach to eating, where fruits and vegetables, whole grains, beans and legumes, nuts and seeds, and healthy fats such as olive oil are to be enjoyed at every meal. Fish and shellfish are included at least twice a week, and eggs, poultry, yogurt, and cheese less frequently. Meats and sweets are deemed "sometimes" foods to be eaten only occasionally.

The Mediterranean diet is also a way of living: being physically active and enjoying meals with others are also key to the Mediterranean way.



## Why should I eat a *Mediterranean* diet?

Consuming a Mediterranean diet is associated with numerous health benefits including helping to:

- ✓ Increase lifespan
- ✓ Lower risk of heart disease and stroke
- ✓ Lower risk of certain cancers
- ✓ Control blood sugar levels
- ✓ Benefit weight loss
- ✓ Reduce inflammation

## *salute!*

Get inspired by the Mediterranean by making these simple changes in the way you eat:

**Boost your fruits and veggies.** Fill half your plate at lunch and dinner with a variety of fruits and vegetables, including grapes. Raw or roasted, sautéed, sliced, diced or slivered, in salads, grilled with fish or chicken kabobs, on their own as a snack, or mixed with Greek yogurt.



**Reel in omega-3s.** Fatty fish like tuna, salmon, and sardines are rich in omega-3 fatty acids, which are beneficial to heart health. Grapes pair especially well with seafood fresh, roasted, or in a salsa topping.



**Focus on good fats.** Extra-virgin olive oil, avocados, nuts, seeds, and olives are the sources of fat in a Mediterranean diet. Use these in place of – not in addition to – butter, margarine and other fats.



**Think Whole.** Whole grains, that is. Try barley, bulgur, farro, wheat berries, or whole-wheat couscous. Add grapes to grain dishes for a juicy flavor boost.



**Minimize meat.** Portion sizes of meat are small – just 3 ounces or less – on the Mediterranean diet. It's eaten much less frequently too. Consider meat as more of a garnish than the star. Alternate grapes with bite-sized portions of meat on grilled skewers to reduce meat intake in a most delicious way.



**Season with spices and herbs.** From cinnamon, cumin and za'atar to basil, mint and garlic, it's easy to add a taste of the Mediterranean to meals. Grapes pair well with all these spices in salads, sides, and entrees too.



**Rethink dessert.** Save the cake and ice cream for special celebrations. Eat fresh fruit for dessert instead, like juicy grapes, fresh, or frozen!



**Simplify beverages.** Water is the recommended thirst quencher, throughout the day and with meals. Healthy fruits such as fresh, juicy grapes are also naturally hydrating.

