

Adding Color to Your Plate with a Mediterranean Diet

Finding the right balance of nutrients matters more than ever for older adults, especially those working to improve bone, cardiovascular and brain health. Understanding what the best options are and why they pack a strong nutritional punch requires some research. The Mediterranean diet could be the lifestyle switch-up you need!



The Mediterranean Diet can help to prevent heart attacks and strokes, and eating this way has proven to reduce inflammation, lower blood pressure, slow cognitive decline, and improve cholesterol levels. But what does this diet consist of?

Fish (Cold water fish)

Goal: 3-4 ounces of fatty fish, 2-3 times a week.

Cold water fish like salmon, cod, haddock, and flounder are full of protein, iron, zinc, and brain healthy omega 3 fatty acids!

Fruits and Vegetables (leafy greens & dark colored fruits)

Goal: About 9 servings of fruits or vegetables daily.

Fruits and vegetables are filled with antioxidants and anti-inflammatories. They also work to prevent blood clots and lower blood pressure.

Olive Oil (EVOO)

Goal: 2-3 Tbsp a day.

Olive oil provides more healthy fats that help to promote cardiovascular health, support healthy memory and brain function, and balance your blood sugar.

Nuts (Walnuts, pine nuts, almonds, and pistachios)

Goal: A handful and half each day.

Long-term inflammation is known to damage organs and increase disease risk. Inflammatory fighting fats in nuts may reduce inflammation and promote healthy aging.

Beans (red kidney beans and pinto beans)

Goal: Mix them in when you can.

Beans are jam-packed with fiber and protein, while also providing your body with sustained energy!

The Mediterranean Diet was created to limit the intake of red meat, fat, dairy, and sugary sweets. In turn you will have a heart-healthy, balanced diet!

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