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What is the Mediterranean diet?

You've probably seen the headlines saying shift work can increase your risk of a range of chronic diseases. Well, the Mediterranean Diet has the biggest supportive research base of any to positively manage this risk.

And the good news is you don't need to follow a strict program - just become familiar with the principles and try to eat like you're in the Mediterranean most of the time!

- Include vegetables of different colours in **at least 2 main meals a day**
- Eat 1-2 serves of fruit every day – and mix up the colours
- Include wholegrains in at least 2 meals or snacks every day - try oats, whole wheat, rye, buckwheat, bulgur or cracked wheat, millet, barley, spelt, quinoa, brown rice, corn, and even popcorn
- Eat 1-2 servings (a small handful) of nuts and seeds every day – chose from almonds, walnuts, pistachios, pine nuts, hazelnuts, cashews, sesame seeds, sunflower seeds, pumpkin seeds, chia seeds, and flax seeds
- Use 1-3 tablespoons of extra virgin olive oil daily, in your cooking as a dressing
- Include legumes at least every second day. The tinned versions are time saving powerhouses!
- Eat fish and seafood (fresh or tinned) 2 - 3 times a week
- Eat a moderate serve of yoghurt and cheese no more than once a day
- Eat eggs and white meat like chicken and poultry twice a week each
- Eat red meat once a week only, in a small portion
- Use herbs or spices in abundance
- Make water your drink of choice

