

Mediterranean Diet

Support your gut health by following a Mediterranean diet

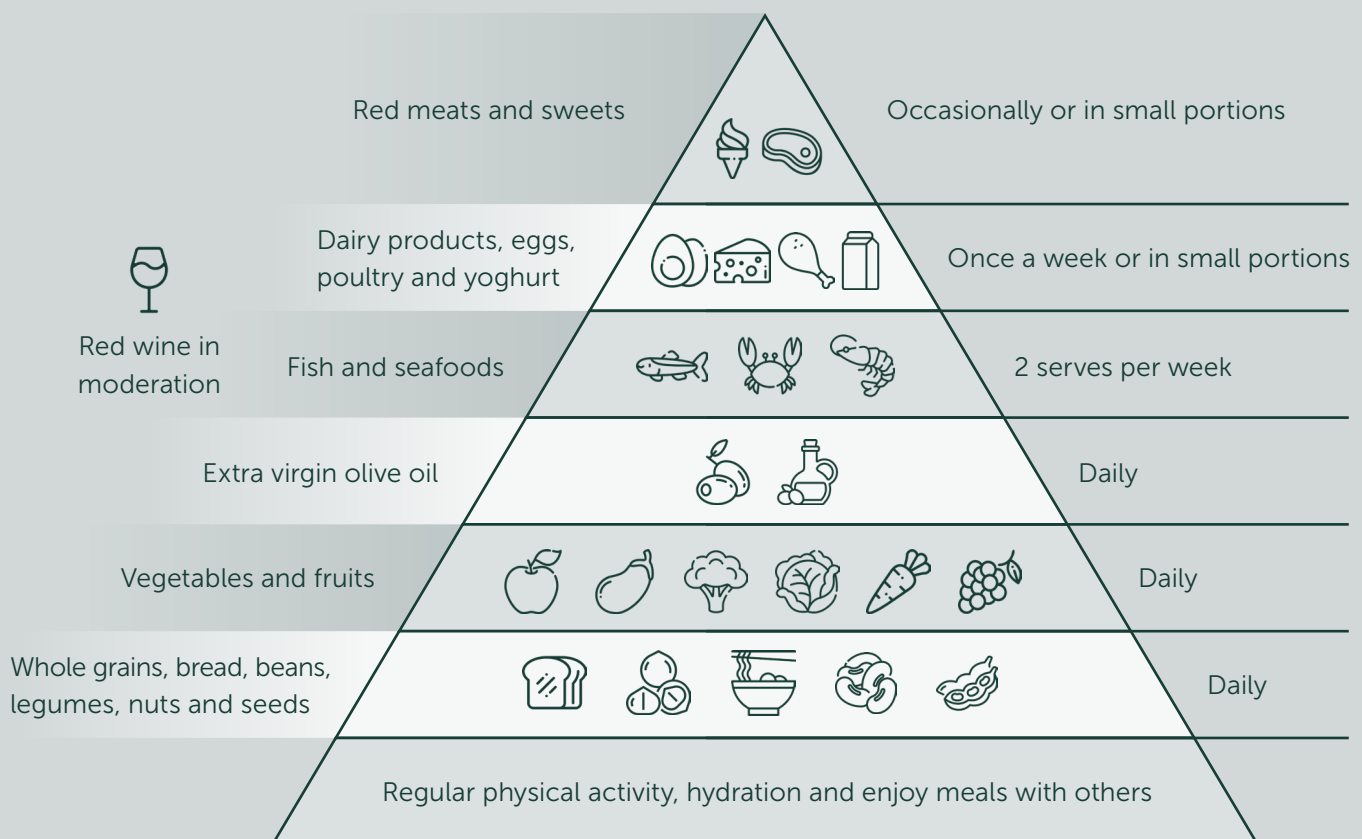


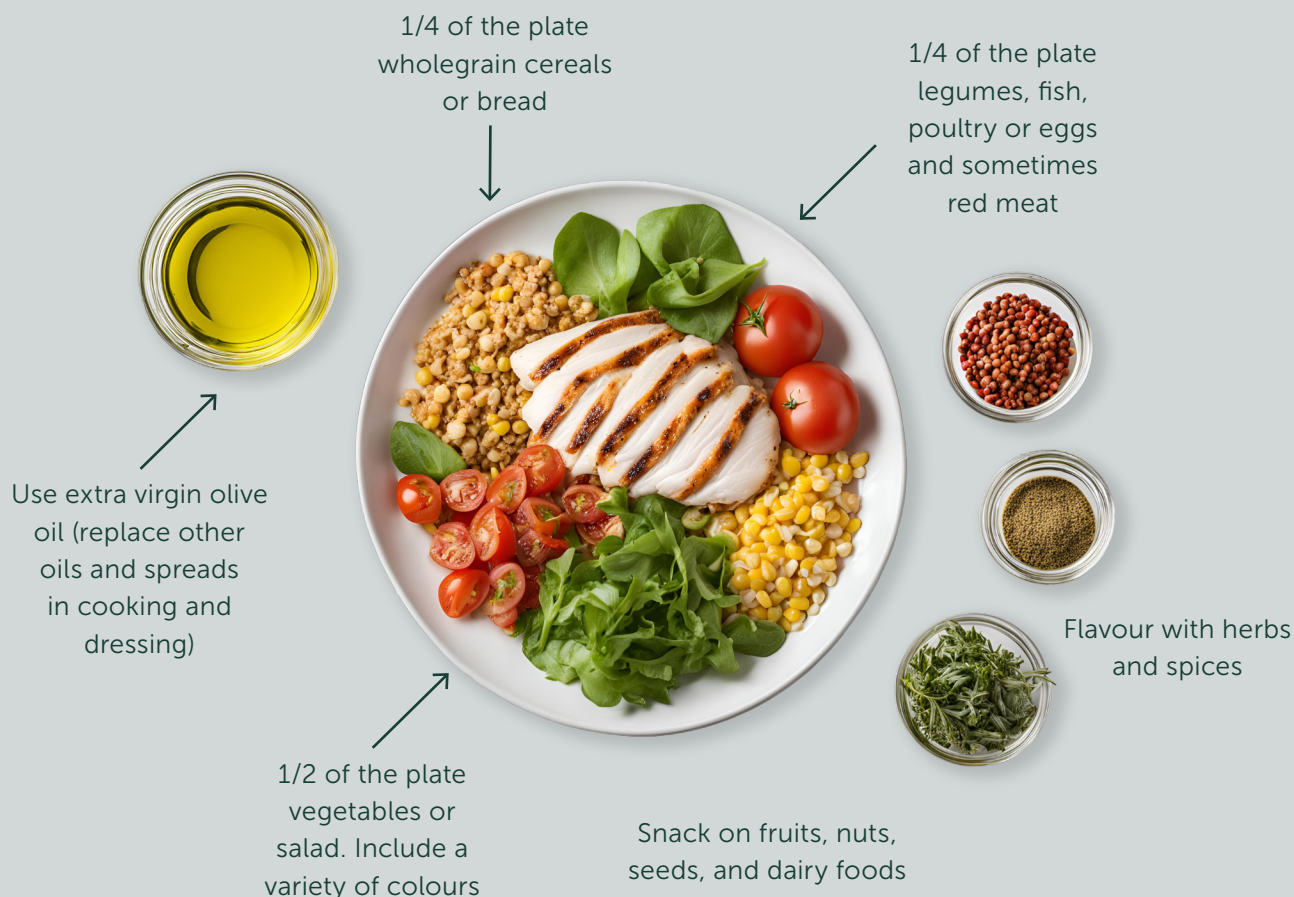
Mediterranean diet

The Mediterranean diet (MedDiet) is based on the traditional dietary patterns of people living in the Mediterranean region and has been associated with various health benefits. Research has found that the MedDiet is beneficial in supporting cardiovascular health and other chronic illnesses. More recently, it has also been found to support gut microbiome health.

The MedDiet encourages a high intake of plant-based foods. It is characterised by the following:

	Wholegrain cereals	1-2 serves every meal
	Vegetables	≥ 2 serves every meal
	Fruits	2 serves daily
	Nuts and seeds	≥ 3 serves weekly
	Legumes / beans	3 serves weekly
	Extra virgin olive oil	4 tbsp daily (spread out over each meal)
	Dairy products	Fermented dairy (e.g. cheese, yoghurt): 2 serves daily Other full fat dairy: 1-2 serves weekly
	Fish/ seafood e.g. salmon, mackerel, tuna, sardines, herring	≥ 2 serves weekly
	Poultry	1-2 serves weekly
	Eggs	1-2 serves weekly
	Red and processed meat	< 2 serves weekly
	Sweets / treat foods	< 2 serves weekly





Meal Ideas

Breakfast:

- Plain yoghurt with nuts, seeds, untoasted muesli, and fresh fruit
- Rolled oats with plant-based milk, linseeds, chia seeds, and fresh berries
- Wholemeal sourdough bread with ricotta cheese and extra virgin olive oil and balsamic vinegar
- Whole-grain tortilla with hummus, sliced cucumbers, tomatoes, olives, and feta cheese (drizzle of extra virgin olive oil)

Lunch:

- Mediterranean legume salad with extra virgin olive oil salad dressing
- Wholemeal wrap with salad and tinned tuna or sardines in extra virgin olive oil
- Legume pasta with grilled chicken, capsicum, zucchini and napolitana (tomato) sauce (extra virgin olive oil base)

Dinner:

- Grilled salmon cooked with extra virgin olive oil, wholegrain brown rice, and vegetables
- Vegetable and lentil soup with barley and wholegrain bread on the side (sprinkled with extra virgin olive oil)
- Mediterranean vegetable and potato frittata

Snacks:

- Handful (30g) of unsalted mixed nuts
- Fresh fruit
- Vegetable sticks with hummus or tzatziki
- Wholemeal crackers with avocado

Recipe idea

Mediterranean Salad (Serves 2)

Ingredients:

For the salad

- 1 can of chickpeas, drained, and rinsed
- 1 Lebanese cucumber
- 2 large tomato
- 1 red capsicum
- ½ red onion
- ½ cup of feta cheese

For the dressing

- 1 tablespoon extra virgin olive oil
- Juice of 1 lemon
- 1 tablespoon freshly chopped parsley
- Salt and pepper

Method:

- Cut all vegetables and place them into a bowl
- Add chickpeas to the bowl and mix thoroughly
- In a separate bowl combine all dressing ingredients and mix
- Add dressing into the vegetables and chickpeas bowl and toss until well coated
- Sprinkle the salad with crumbled feta cheese
- Garnish with fresh parsley leaves
- Enjoy on its own with a slice of wholemeal sourdough bread or as a delicious side dish



Following a Mediterranean diet can help feed your gut microbiome and contribute to better health



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324 Queen St Brisbane,
QLD, Australia 4000
1300 974 621
info@co-biome.com

Mailing Address
GPO Box 469
Brisbane QLD 4001