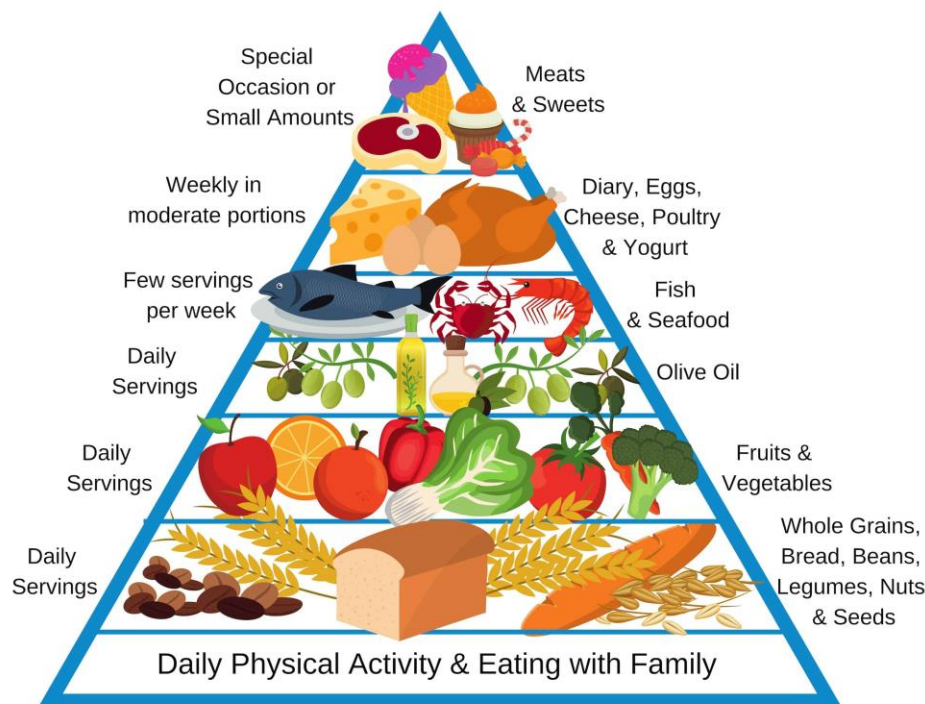


## Mediterranean Diet/Lifestyle

For the fourth year in a row, *U.S. News & World Report* named the Mediterranean diet the best overall diet. It's not really a diet as we know it. It's a lifestyle that includes a healthy way of eating along with staying active. What's important is eating plenty of fruits, vegetables, nuts, seeds, whole grains and seafood. Try to avoid foods with added sugars, foods that are processed, refined grains and oils and processed meats. Eating red meats and sweets are infrequent. Eating healthy fats that allow children's bodies to absorb the vitamins needed to grow include avocados, fish, nuts, peanut butter and olive oil. The Mediterranean way of eating includes eating poultry, eggs, cheese, and yogurt but only in moderation. Another important aspect of the Mediterranean lifestyle is eating together as a family. This provides quality time and allows parents to set a good example of eating healthy. Some ways to introduce the Mediterranean diet/lifestyle is to start slowly, be consistent, involve your children and do it together as a family.



## MEDITERRANEAN DIET