MED instead of MEDS
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Simple | Delicious | Satisfying

Swap Your Fats

Olive oil and other unsaturated, heart-healthy fats are a key part of eating the Med Way. Use the fat choice continuum to evaluate where you can swap your fats.

Fat choice continuum

EAT MORE ——— EAT LESS

UNSATURATED

Omega-3

Mono

Omega-6

SATURATED

TRANS

Where does mayonnaise fit on the continuum?
It depends on what type of fat is used to make it.

Unsaturated Fat

- Generally found in plants or seafood.
- Shown to have health-promoting properties.

Saturated Fat

- Generally found in animal products such as meat, butter, cheese, and milk.
- Not been shown to have health-promoting properties.

Trans Fat

(i.e. partially hydrogenated oils)

- Fat that can be found in processed food, fried food, baked goods, and convenience and freezer food.
- Shown to be harmful to health.

Snack on Nuts and Seeds

Add them to foods you already eat. | Top salads, grains, and fruit. | Make them your go-to snack.

Nut Butter Buying Guide

- Read the label.
- Choose a product with minimal ingredients.
- Select a product with minimal added sugar and salt.

Comparing labels

- Minimal ingredients
- No added sugar (1 gram of sugar is naturally occurring)
- No emulsifier such as palm oil (requires stirring)

- More ingredients
- Some added sugar (2 grams added sugar, 1 gram naturally occurring)
- Uses palm oil as an emulsifier (does not require stirring)

- More ingredients
- Even more added sugar (4 grams of added sugar, 1 gram naturally occurring)
- Uses emulsifier (does not require stirring)

TO STIR OR NOT TO STIR?

To stir: You can buy nut butters that are just nuts and a little bit of salt. As these products do not contain an emulsifier such as palm oil to keep the components of the nut butter combined, you will need to stir them before each use to mix in any oil that has naturally separated out over time.

Not to stir: If buying a nut butter with an emulsifier such as palm oil, look for a product with minimal added sugar.