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# The Super Handy Mediterranean Diet Shopping List

MÓDERE.  
*Live clean.*

Eating healthy on the Mediterranean diet means eating fresh. Shop with this list once per week to stick to your diet and a framework budget of \$70 max!

### Vegetables

*Pick 2*

- |                                   |   |  |
|-----------------------------------|---|--|
| <input type="checkbox"/> Carrots  | <input type="checkbox"/> Zucchini           | <input type="checkbox"/> Mushrooms       |
| <input type="checkbox"/> Kale     | <input type="checkbox"/> Asparagus          | <input type="checkbox"/> Tomatoes        |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Green Bell Peppers | <input type="checkbox"/> Brussel Sprouts |
| <input type="checkbox"/> Spinach  | <input type="checkbox"/> Green Beans        | <input type="checkbox"/> Cauliflower     |
| <input type="checkbox"/> Squash   | <input type="checkbox"/> Potatoes           | <input type="checkbox"/> Avocado         |

### Fruits

*Pick 2*

- |                                  |                                       |                                       |
|----------------------------------|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Oranges | <input type="checkbox"/> Papayas      | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Blueberries  | <input type="checkbox"/> Cantaloupe   |
| <input type="checkbox"/> Apples  | <input type="checkbox"/> Raspberries  | <input type="checkbox"/> Cranberries  |
| <input type="checkbox"/> Kiwis   | <input type="checkbox"/> Blackberries | <input type="checkbox"/> Red Grapes   |

### Proteins

*Pick 2*

- |   |                                  |                                 |
|---|----------------------------------|---------------------------------|
| <input type="checkbox"/> Skinless Chicken Breasts | <input type="checkbox"/> Turkey  | <input type="checkbox"/> Tofu   |
| <input type="checkbox"/> Salmon                   | <input type="checkbox"/> Halibut | <input type="checkbox"/> Seitan |
| <input type="checkbox"/> Tuna                     | <input type="checkbox"/> Tempeh  | <input type="checkbox"/> Eggs   |

### Grains & Pasta

*Pick 1*

- |  |  |                                  |
|--|--|----------------------------------|
| <input type="checkbox"/> Whole Wheat Pasta | <input type="checkbox"/> Whole Wheat Tortillas | <input type="checkbox"/> Oatmeal |
| <input type="checkbox"/> Brown Rice        | <input type="checkbox"/> Quinoa                |                                  |

### Legumes

*Pick 1*

- |                                  |   |                                       |
|----------------------------------|---|---------------------------------------|
| <input type="checkbox"/> Lentils | <input type="checkbox"/> Garbanzo Beans | <input type="checkbox"/> Pinto Beans  |
| <input type="checkbox"/> Peas    | <input type="checkbox"/> Black Beans    | <input type="checkbox"/> Kidney Beans |

### Dairy & Substitutes

*Pick 1 of each*

- |   |                                       |   |
|---|---------------------------------------|---|
| <input type="checkbox"/> Almond or Coconut Milk | <input type="checkbox"/> Greek Yogurt | <input type="checkbox"/> Parmesan, Mozzarella or Feta Cheeses |
|---|---------------------------------------|---|

### Oils & Nuts

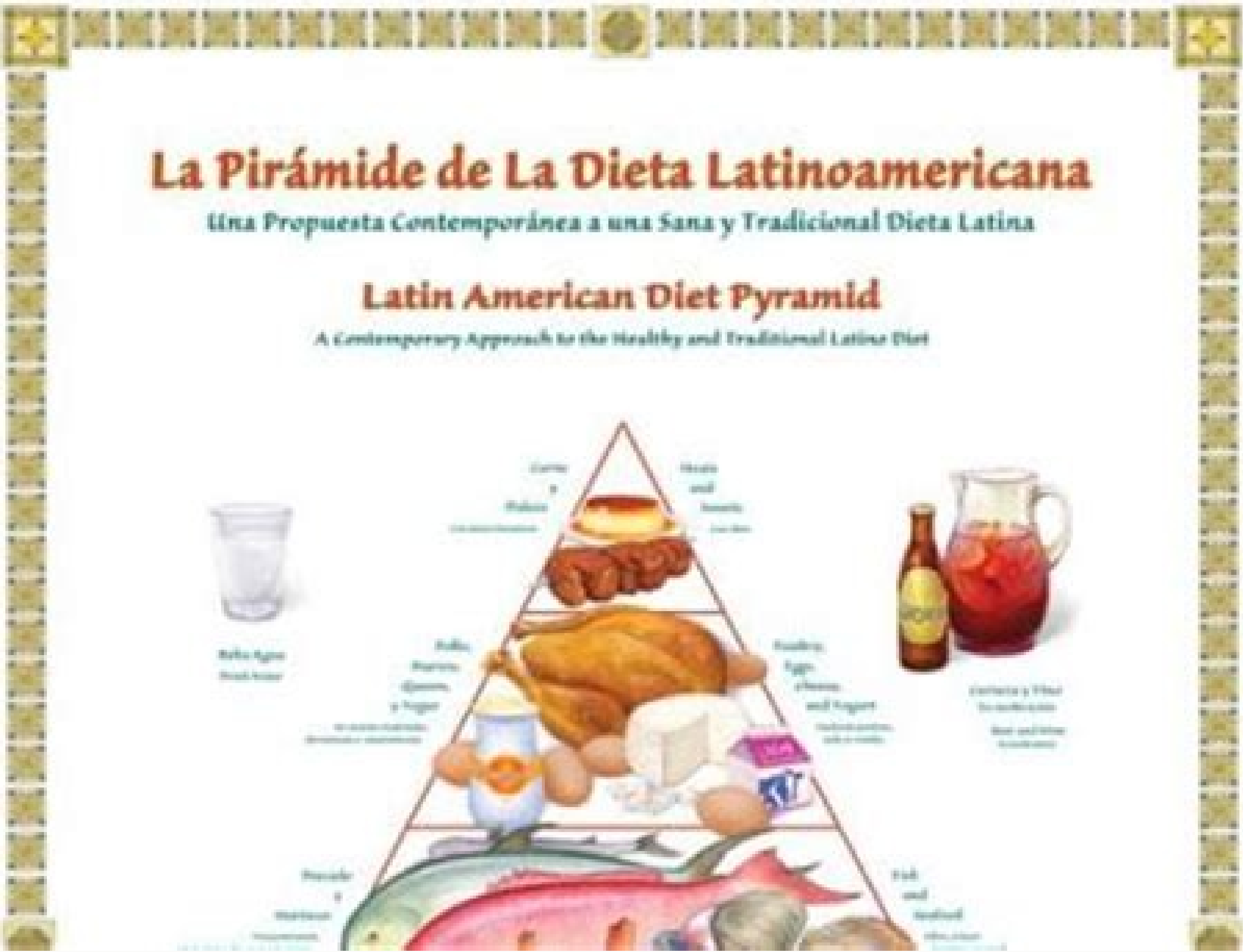
*Pick 1 oil & 2 nut types*

- |   |                                     |                                      |
|---|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> Extra Virgin Olive Oil | <input type="checkbox"/> Pistachios | <input type="checkbox"/> Cashews     |
| <input type="checkbox"/> Grapeseed Oil          | <input type="checkbox"/> Pecans     | <input type="checkbox"/> Hazelnuts   |
| <input type="checkbox"/> Almonds                | <input type="checkbox"/> Walnuts    | <input type="checkbox"/> Brazil Nuts |

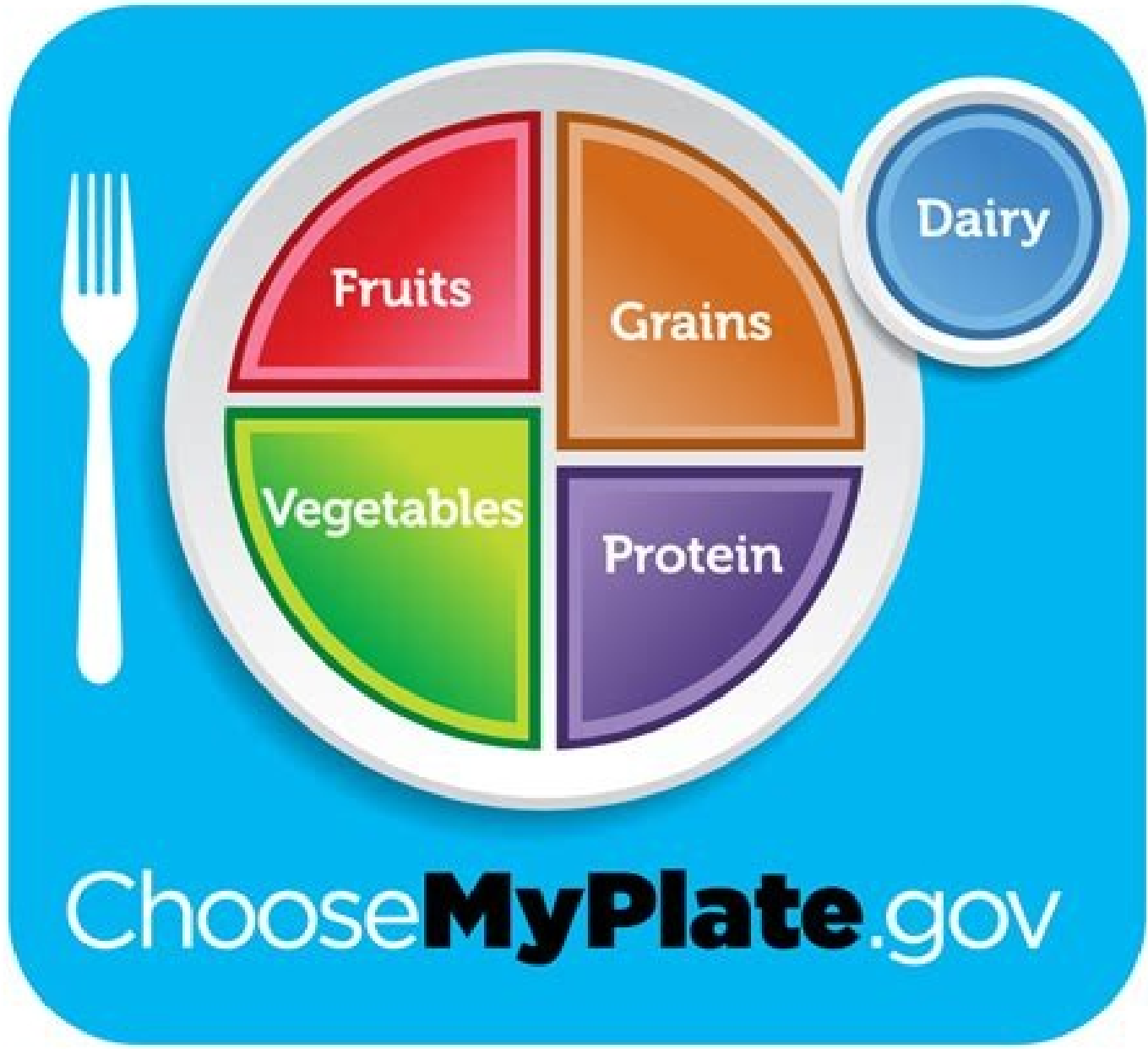
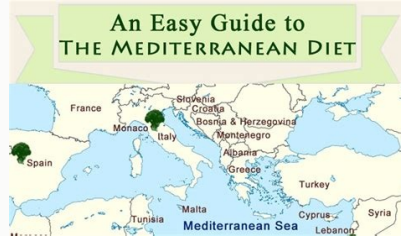
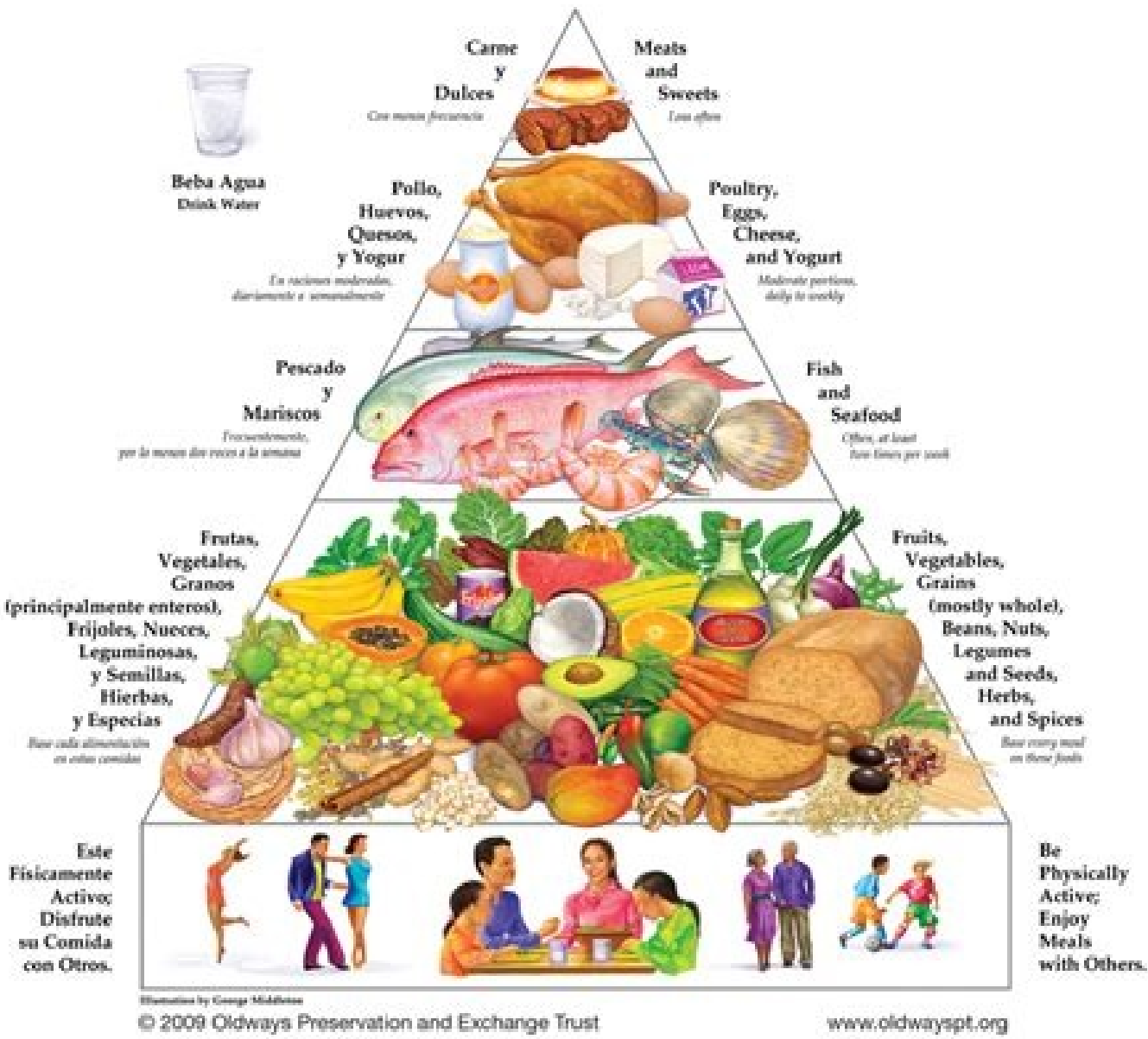
### Herbs & Spices

*Pick as many as your heart desires!*

- |                                   |  |                                   |
|-----------------------------------|--|-----------------------------------|
| <input type="checkbox"/> Rosemary | <input type="checkbox"/> Chile Peppers | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Thyme    | <input type="checkbox"/> Sage          | <input type="checkbox"/> Mint     |
| <input type="checkbox"/> Ginger   | <input type="checkbox"/> Turmeric      | <input type="checkbox"/> Garlic   |
| <input type="checkbox"/> Parsley  |  |                                   |



Latin American Diet Pyramid  
La Pirámide de La Dieta Latinoamericana



The latest food guide pyramid, MyPyramid MyPyramid, released by the USDA Center for Policy and Nutrition Promotion in 19-April 2005, was an update on the previous American food guide pyramid. It was used until June 2nd, when USDA MyPlate replaced it. [1] The icon highlights activity and moderation together with an appropriate mix of food groups in your diet. As part of the MyPyramid food guidance system, consumers have been asked to visit the MyPyramid site for personalised nutritional information. Significant changes in the previous food pyramid include: Including a new symbol of a person on the scales representing physical activity. Measure quantities in cups and once instead of serving. MyPyramid has been designed to educate consumers on a lifestyle consistent with January 2005 dietary guidelines for Americans, an 80-page document. The guidelines, produced jointly by the USD and the Department of Health and Human Services (HHS), represented the official position of the United States government and served as the basis of federal nutrition policy. Panoramic MyPyramid contained eight divisions. From left to right on the pyramid are one person and six food groups: The physical activity, represented by a person climbing the steps on the pyramid, to illustrate the moderate physical activity every day, in addition to the usual activity. [2] The key recommendations for 2005 (other specific recommendations are provided for children and adolescents, pregnant women and breastfeeding, elderly adults and weight maintenance) are:[3] Commit to regular physical activity and reduce sedentary activities to promote health, psychological well-being and a healthy body weight. (At least thirty minutes most, and if possible, every day for adults and at least 60 minutes day for children and the five divisions of the pyramid boys,[4] and for most people who increase to more vigorous intensity or longer duration will bring more benefits.) [3] Get physical form by including Conditioning, stretching exercises for flexibility, strength exercises or bottle exercises for muscle strength and strength. [3] Grateful, recommending that at least half of the cereals consumed consist of whole grains (27%) of plants, emphasising dark green vegetables, orange vegetables and dry beans and peas (23%) Fruit, favouring varieties and the phasing out of fruit juices (15%) Oils, recommending fish sources, Nuts and vegetables (2%) a category that includes liquid milk and many other milk products (23%) Proteins, favouring lean and low fat meat such as fish and more beans, peas, nuts and seeds (10%) There is another category: discrete calories, represented by the narrow tip of each coloured band, including articles such as candy, alcohol, or other foods of any other group. Themes The USDA encoded six themes in the MyPyramid icon design. According to the USDA, MyPyramid has incorporated:[5] Personalisation, as demonstrated by the MyPyramid site. To find a personalized recommendation of the types and quantities of food to eat each day, individuals have been trained to visit MyPyramid. gov (deceased hour). Gradual improvement, represented by the slogan Steps to Healthier You. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle every day. The physical activity, represented by the steps and the person who climbs them, recalls the importance of the daily exercise. Variety, symbolized by the six colour bands representing the five food groups of MyPyramid and oils. It suggests that foods from all groups are needed every day for good health. Moderation, represented by the restriction of each food group from bottom to top. The broader base is for foods with few or no solid fats, added sugar, or caloric sweeteners. Suggests that should be chosen more often to get most of the nutrition from the calories consumed. Proportionality, shown by the different widths of the food groups bands. The widths suggest how Food A person should choose from each group. Width is just a general guide. Differences From the Pyramid MyPyramid MiniPoster Food Guide with samples Food Group tips in a start from its predecessor The Food Guide pyramid, no food is depicted on the MyPyramid logo itself. Instead, coloured vertical bands represent different groups of foods. In addition, the logo emphasizes physical activity by showing a person climbing steps on the side of the pyramid. MyPyramid was intentionally created simpler than the food guide pyramid after several USDA studies indicated that consumers have largely misunderstood the original design. Consumers were invited to visit the website (now deceased) mypyramid. gov for custom nutritional information. [6] [7] The Pyramid Food Guide gave the measured recommendations in service sizes, which some people have based on confusion. MyPyramid gives its recommendations in common household measures, such as cups, once and other measures that may be easier to understand. [6] The food guideline pyramid has given a single set of specific recommendations for all people. On the contrary, MyPyramid has 12 series of possible recommendations, with the appropriate guide for an individual selected on the basis of sex, age and level of activity. [8] Controversies and criticism See also: Pyramid Food Guide The controversy Some claim that USDA was and is unduly influenced by the political pressure exerted by lobbyists for food production associations, [9] [10] [11] [12] in particular dairy and meat. [13] Some nutritionists and critics found mypyramid excessively complicated and difficult or impossible to teach. [14] [15] Development In September 2005, a "children's version" of the graphical guidance system for graphics and food supply has been launched. The research process and the results used to create the myPyramid food guidance system has been documented in an additional issue of the Journal of Nutrition Education and Behaviour published in November/ December 2006. [17] See also food portal 5 a day, more details Food Food Healthy Diet Healthy Food Pyramid, an alternative designed to address the criticism of the food guide pyramid The history of USDA nutrition guide The human nutrition society for food education References ~"USDA MyPlate & Food Pyramid Resources". Slut. Naw. usda. gov. Archived from the original on December 16th 2013. "Guidelines for Americans 2005" (PDF). URL consulted on July 16th. U.S. Department of Health and Human Services, U.S. Department of Agriculture. 2005. ^U.S. Department of Health and Human Services, U.S. Department of Agriculture. 2005. Archived in Italian (PDF) on the 16th of July 2009. URL consulted on March 28th. U.S. Department of Health and Human Services, U.S. Department of Agriculture. 2005. "How much physical activity is required?" mypyramid. gov. URL consulted on December 4th 2010. MyPyramid: USDA's New Food Guidance System. sanameals. naw. usda. Mr Therenegadequy, with archived on 20th October 2013, at the Wayback Machine ^a b "USDA Shifts Food Pyramid's Geometry". Chicago Tribune via RedOrbit. 16th April 2005. URL consulted on May 9th. "shows that around September of 2012 the website has become a redirection to". Archived from the original on 20th April 2005. choose yplate. Government Issues 12 New Food Pyramids. reverted. com Associated Press via RedOrbit "Government Shifts Food Pyramid's Geometry". Archived from the original on August 20th 2011. URL. consulted on 20January 2017. Zambia, Nicholas (10th February 2005). Food Pyramid Frenzy. The Wall Street Journal. URL consulted on December 9th. McArdle. D.; Katch, Frank L.; Katch, Victor L. (2005). ISBN 0-7817-4991-3. Campbell, C.T. and Campbell, T.W., The China Study, (Dallas:BenBella Books, 2007, ISBN 978-1-932100-38-9 (cloth) ISBN 978-1-935251-00-2 Nestle, M., Food Politics (Berkley:University of California Press, 2002, ISBN:1600-520-22465-5) ^Councilhan, Carrie (2002). Food in the United States. p.194; 160191. ISBN 160; 0-415-93232-7. Recovery May 9, 2009. Stephenson, Emily (June 2nd, 2011). "Pyramid thrown, lunch table is a new plan for American meals." Reuters. Retrieved March 1, 2015. Nestle, Marion (May 31, 2011). "Goodbye, Food Pyramid: USDA to announce a new Food Icon." The Atlantic. Retrieved March 1, 2015. Johanns Unveils MyPyramid for Kids (press release). Mipyramide. gov. September 28, 2005. Archived from the original to November 8th, 2011. ^P. Britten; J. Lyon; C. Weaver; P. Kris-Etherton; T. Nicklas; J. Weber; C. Davis (2006). "MyPyramid Food Intake Pattern Modelling for the Dietary Guidelines Advisory Committee. Diary of Education and Nutrition Behaviour: Elsevier for the Society for Nutrition Education. 38 (6): S143a S152. doi:10.1016/j.jneb. 2006.08. 004. PMID0: 17116592. External links "Dietary lines for Americans 2005 Department of Agriculture of the United States. American Dietetic Association declaration on new MyPyramid(Press release). American Dietetic Association via EurekaAlert. April 19, 2005. May 9, 2009. "Pyramids of food: What should you really eat?" (PDF) Harvard School of Public Health. 2007. Official website, USPA nutrition guide 2011 Recovered from " Page 2"Five a day"redirects here. For the video game, see Five A Day (video game) Yeah. The National Institutes of Health 5 A Day campaign is one of the various national campaigns in developed countries such as the United States, the United Kingdom, France and Germany, to encourage the consumption of at least five portions of fruit and vegetables every day, according to a recommendation of the World Health Organisation that consume "a minimum of 400g of fruit and vegetables per day (excluding potatoes and other starch tubers)". [1] A meta-analysis of The studies of this problem were published in 2017 and found that the consumption of doubling the minimum recommendation Å € Å, ~ "800 go ten per day - has provided greater protection against all forms of mortality. [2] [3 ] In some places, people are encouraged to aim not only five portions a day, but seven. Evidence examples and perspective in this section mainly concern the United States and do not represent a worldwide view. You can improve this section , discuss the problem on the TALK page or create a new section, depending on the case. (January 2021) (find out how and when to remove this message message) It is clear that eating fruit and vegetables improves health and well-being. Increase the Vegetable intake at this desired level has a variety of important and lower health benefits. The advantages include the risk reduction of many types of cancer, hypertension, diseases cardiac, stroke and diabetes. [4] The National Cancer Institute has provided researches for the program, while products for a better health foundation have implemented the program in the food services sector. [5] International views The Australia Go For 2 & 5 is the equivalent campaign in Australia, in which it is said that adults are needed to eat at least two portions of fruit and five vegetable portions every day. [6] A "serving standard fruit" is 150 grams of fresh fruit, while a "standard vegetable service" is 75 grams. [7] Canada in Canada, the Canadian produces Marketing Association (CPMA), the Heart and Strike Foundation Health Control Program, and the Canadian Cancer Society collaborated together to create fruits and vegetables Å € Å, ~ "I mix! Countryside, encouraging Canadian families to eat healthier. The countryside focuses on simple ways for people to eat healthy anywhere and every time they can. France The French GNP (national national programme of Santas) ©, the national nutrition programme recommends at least five portions of fruit and/ or vegetables a day. [9] Germany tag 5 AM (5 a day) day works in Germany. Japan CampCampCamp5 A day in Japan is administered by NPO: 5 A Day Association-Japan (CampCampCampCampCampCampCampCampCamp5A day in Japan is administered by NPO: 5 A Day Association-Japan (t:333333333;> The CampCampCampsite 5A Day Association Japan...133rd; "Yes) Yeah. The program recommends five portions a day for a total of 350 grams of fruit, berries or vegetables and 200 grams of fruit. [11] New Zealand 5 per day is also known as 5+ per day in New Zealand. 5 + one day was founded in New Zealand in 1994 by non-profit United Fresh New Zealand and became a charitable trust in 2007. [12] Norway Fem Om Dagen (five a day) is the Norwegian direction for the health recommendation to eat five portions of fruit, berries or vegetables every day. [13] United Kingdom The national health service shall explain a "portion" to be: two or more small dimensions, a medium size piece or half a large piece of fresh fruit; or two bowls of broccoli or four spoons of baked cabbage, spinach, spring green or beans; or three spoons of cooked vegetables; or 1.5. celery sticks, a piece of cucumber of five cm, a medium tomato or seven tomatoes; or three or more spoons of beans or pulses. [14] The programme was introduced by the UK Health Department in the winter of 2002-2003, and received some attention to adverse media due to the high and rising costs of fresh fruit and vegetables. After ten years, research suggested that few people met the target. [15] The campaign has remained under criticism from channel 4 due to the failure of the government to prevent the food industry from claiming that their products are part of a five a day despite adding salt, sugar or fat. [16] In April 2014, a study by the University College of London concluded that "5 a day" was not enough and that a healthy diet should contain ten portions of fruit and vegetables. [17] United States Programme 5 a day in the United States It was originally the national fruit and vegetable program, but it has been renewed fruit and vegetables "more issues in March 2007. [18] [19] See also the food portal and nutrition service nutrition Groups Psychology Food Fruits And Vegetables - More Matters Healthy Diet Food Pyramid History of USDA Nutrition Guides Human Food MyPlate MyPyramid References ^ WHO | Promote consumption of fruit and vegetables around the world ^ DAGFINN AUNE; Edward Giovannucci; Paolo Boffetta; Lars T. Fadnes; Na Keum; Teresa Norat; Darren C. Greenwood; Elioli "Restaurants benefits of fruit and vegetables!". 3 (4): 506Å € ^516. DOI: 10.3945 / AN.112.002154. ISSN 2161-8313. PMC 3649719. ampd 22797986. ^ Journal of Public Health Management and Practice 1996 Spring; Vol. 2 (2), pp. 27Å € ^35. ^ "Home page". Go to 2 & 5. Government of Western Australia. URL consulted on 1 April 2014. ^ "What is a serves?". Go to 2 & 5. Government of Western Australia. URL consulted on 1 April 2014. ^ Pamela Riemenschneider (May 17, 2011). "Mix It Up! Takes over 5 to 10 to Day", the Packer, filed by the original on February 24, 2017, recovered February 23, 2017, Fruit And Veggies Å € "Mix! He says many different things to different people. The Canadian produces Marketing Association introduced the renewed program to replace its campaign 5-10 days on 1 March ^ "Fruits et LÅ © Gumes: Au Moins 5 par Jour". National Food Program Santa Å € ^ "5 am tag'-kampagne: Wissenschaftliche BegrÅ¼ndung" (in German). Deutsche Gesellschaft FÅ¼r ErnÅ¼hrung e. V. 1 July 2001. Filed by the original November 2, 2014. Recovered July 2015. ^ 5 a dayÅ¼ Å Å Å¼ Å¼ Å Å Å Å Å 5 per day ^ five per day for a better health program, the National Cancer Institute (United States), 2001, P.Å, 184, in La New Zealand, the 5+ campaign in Day is funded by United Fresh, Inc., a non-profit organization ... ^ "kostholdsrÅ¼d". Norwegian health management. ^ "5 sizes of portions of a day". NHS choices. Recovered on 1 April 2014. ^ "Increased costs mean less hitting the" five-a-day "target", South Wales Sera Post, 26 November 2012. Recovered the Å €



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