

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*:

1. fruits
2. vegetables
3. nuts
4. seeds
5. whole grains
6. seafood

Try to *avoid*:

1. added sugars
2. foods that are processed
3. refined grains and oils
4. processed meats
5. Eating red meats and sweets **are infrequent**

Include healthy fats that allow children's bodies to absorb the vitamins needed to grow include:

1. avocados
2. fish
3. nuts
4. peanut butter
5. olive oil

Eat in *moderation*:

1. poultry
2. eggs
3. cheese
4. 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.

Bon Appetit!

Nurse Farley