



Healthy Eating & Living Plan (H.E.L.P.) – Your Recipe For Lifelong Success

Because we recognize dietary transitions are difficult, Mediterranean Harvest For Life® is providing this handy HELP (Healthy Eating & Living Plan). HELP offers tips to guide you in your migration to a new eating regimen. Mediterranean Harvest For Life® advocates the Mediterranean style of eating. MHFL helps people experience the joy of tasty, healthy foods -- versus trading away health and joy with processed and modified foods. MHFL will not only help you improve your health, it will help you live longer and enjoy your friends and loved ones more. Learn more at www.mediterraneanharvest.com.

Follow the Mediterranean Harvest For Life Trapezoid

- The MHFL Trapezoid (http://www.mediterraneanharvest.com/lifestyle/mhfl_trapezoid.htm) is a handy reference guide for identifying and enjoying tasty, healthy foods – and knowing which foods to eliminate.

Eat For Fuel And Go “High Octane”

- Start viewing food as exciting, enjoyable fuel -- and shifting gears from consumption of low performance fuels to “High Octane Foods.” Discover an array of impactful, flavorful foods eaten in the Mediterranean in *“The Best Of All Functional Foods”* document (http://www.mediterraneanharvest.com/media/MHFL_functional_foods.pdf) -- such as whole grains; fruits; veggies; nuts; seeds; legumes; fish rich in Omega 3; yogurt; poultry; olive oil; etc.
- MHFL encourages cutting processed, hydrogenated, fried, battered, buttered, trans-and saturated-fat food.

Emphasize “Fuel Efficient Foods” To Fill Up, While Managing Or Reducing Weight

- To address weight issues, MHFL emphasizes enjoying nutrient dense, low calorie foods – like high water and high fiber content foods. Cut out high fat, highly processed foods and replace these problem foods with *“Fuel Efficient Foods.”*
- Refer to http://www.mediterraneanharvest.com/media/MHFL_Nutrition_Facts.pdf for foods with more grams than calories or with an equal amount of grams and calories. Fill up on foods like broth-based soups, non-starchy vegetables or fruits.

Ease In – And Eat Slower and Smarter

- Counter bad habits and the lure of today’s existing eating styles with migratory steps – and eat more slowly to help feel full.
- Implement easy-to-digest changes like Shish Kebabs to shift the proportion of foods away from eating primarily red meats and toward eating more veggies. Use small plates. Cut out poor-quality vending food. Go raw.
- Switch out certain foods for improved health: e.g. Turkey chili vs. beef chili; cultured non-fat plain yogurt with fruit added vs. ice cream; lean/breast meats vs. high fat meats; wild salmon vs. steak; etc. Use the grill to reduce fat.

Prepare For Convenience – And Buy Smart

- Make sure to prepare enough of the right stuff and put some into travel containers for whenever you’ll need it -- so you don’t end up in the cookie jar, vending machine or some burger bungalow seeking an unhealthy morsel. Consider freezing then thawing a supply of healthy foods and snacks for each day.
- Calculate the large percentage of your budget now spent on junk food and fast food and reallocate to grains, vegetables, fruits, nuts, beans, legumes and fish. You’ll be surprised how far your budget goes – and enjoy it.
- Offset any extra time or cost issues of cooking healthy via bulk cooking. Look for deals: e.g. frozen fruits & veggies.
- Leverage low cost items that fit the bill for both health and wallet, like frozen fruits and veggies, legumes, canned fish, etc.

Buddy Up, Share The Joy – And Be Accountable

- Share the joy of more healthy living with friends, relatives or a small group. Hold yourself accountable to your buddies. Influence them, too. Join or start an MHFL League @ <http://mediterraneanharvest.ning.com/>. Share goals and victories.
- Join a group bulk-cooking club. If there’s none nearby, ask a local church or town community center to let you start one.
- Learn enough to teach a class on MHFL eating, and thus compel yourself to stick to it.
- Share the benefits and how-to’s of MHFL with those who may be struggling with chronic illnesses or want to prevent illnesses: cardiac patients; those discharged from heart surgery; blood pressure or cholesterol patients; diabetics; cancer patients; arthritics; pregnant moms; people concerned about stroke, Parkinson’s, or Alzheimer’s Disease; the overweight.
- Send loved ones, friends, neighbors and co-workers copies of the MHFL Research, Trapezoid & H.E.L.P.

Exercise In A Manner You Can Enjoy

- Garden. Walk up stairs or in the mall. Park away from work and the stores. Jog. Bike. Swim. Badminton.

Get Spiritual

- Renowned health expert, Mayo Clinic, published a book citing the merits of spirituality along with a good diet.

Share The Wealth – And Enlist The Global Community In Helping You Manage Your Health

- As we’re blessed with so much, while over 4 billion people in the world live on under \$2.00 per day, consider adopting “Shared Portions”. Choose to eat less or share restaurant meals, and then direct the value of the food you could have eaten toward those less fortunate.

Stick To It!

- Then congratulate yourself on enjoying a much healthier life – and Lord willing, live longer, too!

The Mediterranean Harvest For Life dietary regimen enables a lifestyle of healthy fun – it’s not a fad. So tell your buddies; grab a scale, a tape measure and a blood pressure monitor; and start watching the progress!