AN ADAPTABLE EATING PATTERN

# The Mediterranean approach

An original companion to Harvard Health's article

## In brief

This pattern is built around everyday plant foods, olive oil, whole grains and legumes, with other foods included in context. It is a flexible way of eating rather than a fixed menu.

## Ideas to explore

01 Notice how often vegetables, pulses or whole grains already appear in meals you enjoy.

02 Consider one repeatable food swap before attempting a complete change of routine.

03 Keep the pattern flexible enough for your schedule, preferences and access to food.

**A QUESTION TO TAKE AWAY**

What one meal could you make more plant-forward without making it harder to prepare?

## Read the original

A practical guide to the Mediterranean diet - Harvard Health

**Open the publisher's full article online**

https://www.health.harvard.edu/blog/a-practical-guide-to-the-mediterranean-diet-2019032116194

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