






USDA Healthy Mediterranean Style Dietary Pattern Breast Cancer Prevention, Treatment, and Survivorship

The Mediterranean Diet

The Mediterranean Diet is a healthy eating pattern that emphasizes vegetables, fruits, whole grains, legumes, fish, olive oil, and nuts, while limiting red meat and added sugars.

Example for 2000 kcal diet

Food Group Amounts for 2,000 Calories a Day for Ages 2+ Years				
				
2 ½ cups	2 ½ cups	6 ounces	6 ½ ounces	2 cups

General, Healthful Mediterranean Sample 1-Day Menu

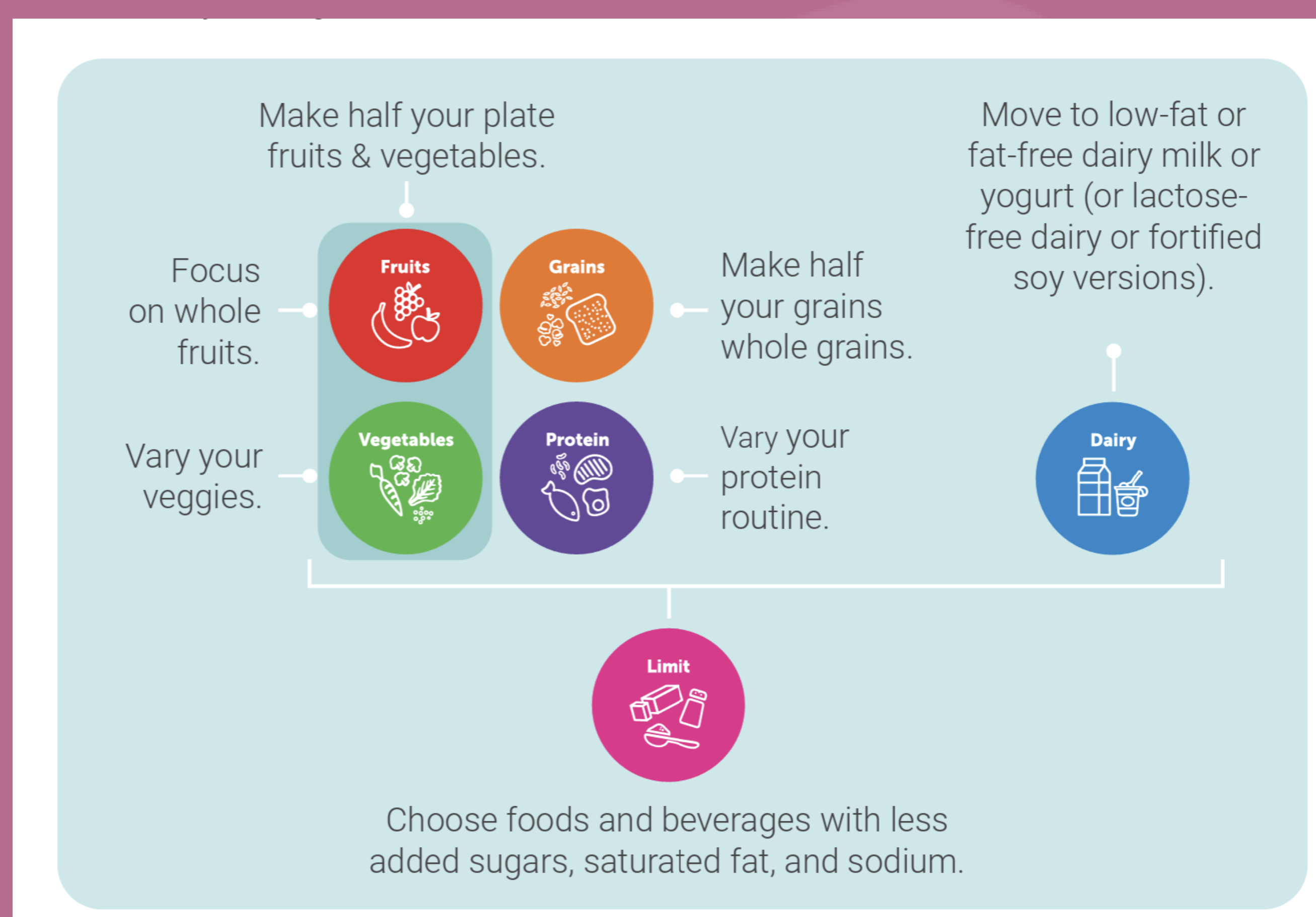
Meal	Menu
Breakfast	2 slices whole grain bread with: 1 teaspoon olive oil 2 slices tomato 1 ounce feta cheese 1 orange 1 cup unsweetened coffee or water
Lunch	1 cup lentil vegetable soup ½ cup tabbouleh (parsley, bulgur salad) ½ of a whole grain pita ½ cup hummus ½ cup cucumber slices ¼ cup olives 1 cup unsweetened tea
Dinner	3 ounce grilled fish 1 cup whole grain pasta with: ¼ cup marinara sauce ¼ cup fresh basil 1 ounce almonds ½ cup sautéed eggplant 1 cup spinach or romaine salad 1 tablespoon olive oil ½ cup grapes
Snack	1 cup Greek yogurt with ½ cup apricots

Mediterranean Diet and Breast Cancer Prevention, Treatment and Survivorship

Prevention: In a randomized trial, women assigned to a Mediterranean diet with extra-virgin olive oil had fewer invasive breast cancers than controls.

During treatment: This pattern supports overall nutrition, heart/metabolic health, and healthy weight—foundations for energy and recovery.

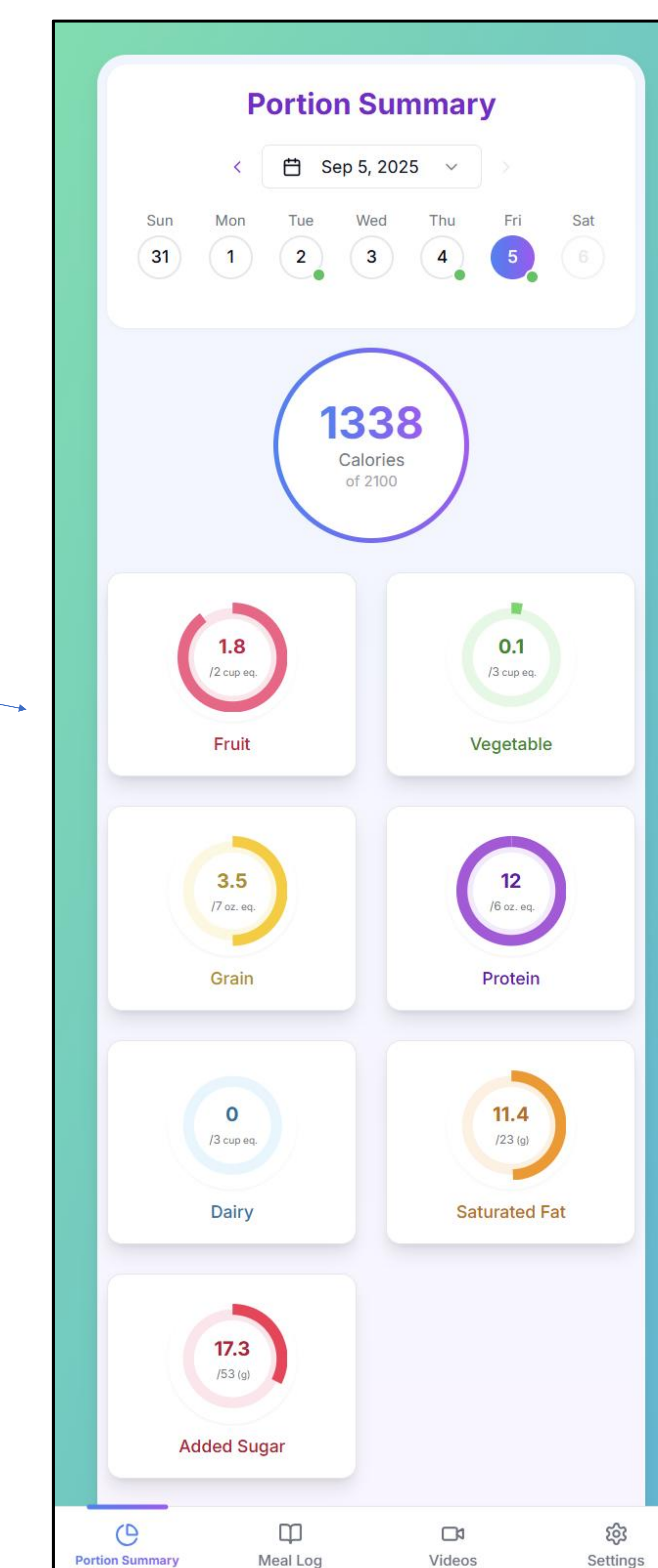
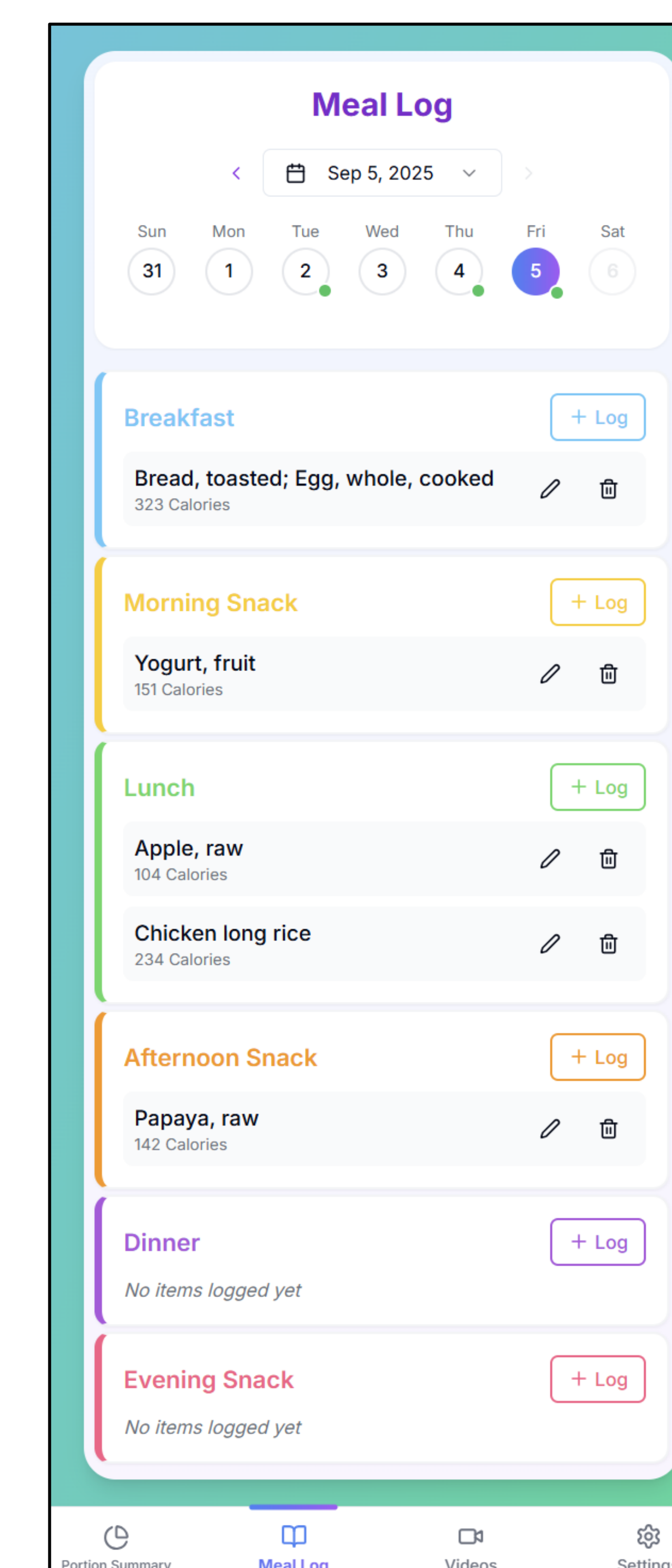
Survivorship: Higher Mediterranean diet adherence is linked with better overall survival in breast cancer survivors (evidence is growing; more trials needed)



Contact Dr. Chloe Lozano
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COME TEST!
PortionSize Ed app, designed to help people follow a Mediterranean Style Diet.

Tailored Food Group Goals



Food and nutrient database designed for Hawaii

Culturally tailored nutrition education videos

