




# Mediterranean diet planner




In connection with the previous guide GUIA#TotAniràBé relating to food intake, we have elaborate this food planner to help families, along with their children, to organize the meals as well as the shopping list.



This document has been put together with information from *Guia per a una alimentació infantil saludable i equilibrada. Resolent dubtes, trencant mites i aclarint conceptes*. Barcelona: Hospital Sant Joan de Déu (ed.), 2016.

Food has a remarkable role in our lives. It impacts both mental and physical health. Several studies have proven that the Mediterranean diet has significant benefits.



The motivation for this project was to find a balanced way of promoting the Mediterranean Diet, where fruits and vegetables, nuts, pulses and fish take precedence over foods such as sugars and processed food.

**\* This document has been put together by Marc Raventós responsible for extracurricular activities and the midday services at BetàniaPatmos school.**

[betania-patmos.org](http://betania-patmos.org)

[#MediterraneanDietPlanner](https://twitter.com/MediterraneanDietPlanner)

# SUMMARY

- INSTRUCTIONS
- TIPS
- MEALS
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- FRUIT AND VEGETABLE SEASONS

# INSTRUCTIONS

This meal planner is designed to help families adopt healthy habits in order to improve wellbeing and prevent diseases. Each food group is required in different proportions. There are 7 cut-outs for lunches and 7 for dinners, where the protein group is the only part of the cut-out that changes. Plan what you are going to eat in advance. Then stick your post-its in the gap on the right where you can make your shopping lists.



# TIPS

Recommended hours of sleep for different age groups:

- 0-1 years = >13 h
- 1-3 years = 13h
- 3-5 years = 12h
- 5-12 years = 10h
- 12-17 years = 9h
- From 17 years up = 8h



# TIPS

It is wise to leave a significant period of time from the last food intake until bedtime in order to avoid digestive problems. It is recommended to have dinner not too late and to have a gentle walk after it in order to keep the metabolic system active.





# TIPS

- Be active and aim for at least 30 to 45 minutes of physical activity every day. Try walking instead of using transport. Use the stairs instead of the lift.
- Attempt to sit down together as a family for at least one or two meals a day, avoiding the use of screens and search for rich, interesting conversations. The table is a great arena for coexistence and education.



# TIPS

- Wash your hands before cooking and eating.
- Soft drinks and cartons of fruit juice should only be drunk occasionally. Water should always be the first choice of beverage.
- Use olive oil, preferably extra virgin, for salad dressings and limit fried food.



# TIPS

- Prioritise fresh, seasonal and local food. Processed and pre-cooked foods are rich in saturated fats, sugar and salt. Avoid food that contains a large number of ingredients, added sugar, salt or fats. Save sweets, soft drinks, chips, processed goods and fast food for special occasions.



# TIPS

- Keep a fruit basket on the table to encourage the family to have more fruit in their diet. Eat the whole fruit including the skin (properly washed).
- It is important to reduce impact on the environment, encouraging the consumption of fresh, seasonal and local products in order to reduce our carbon footprint.



# MEALS

• Breakfast (15-20%)	Fruit + cereal + lactic
• Morning snack (10%)	Fruit +/- cereal +/- lactic
• Lunch (30-35%)	Cereal + vegetables + protein + fruit
• Afternoon snack (10%)	Fruit +/- cereal +/- lactic
• Dinner (25%)	Cereal + vegetables + protein + fruit

# FOOD GROUP INFORMATION

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# CEREALS

- Source of energy.
- Found in rice, pasta, bread, couscous, quinoa, buckwheat and corn.
- Present in all the main meals (breakfast, lunch and dinner).
- Preferably wholemeal, since they have a low glycemic index. This helps to reduce the level of glucose in blood during digestion as well as facilitating intestinal transit.
- Bread can be a good option to accompany both lunch and dinner.



# VEGETABLES

- Source of vitamins, minerals, antioxidants and fibre.
- The more seasonal vegetables are chosen and selected by proximity, the lower the impact on the environment and better the flavour and properties.
- Present in lunches (as garnish or a side plate) and dinners (as a main dish).





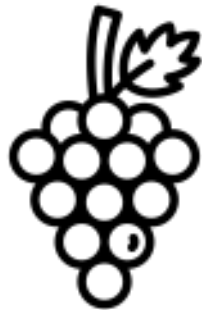
# PROTEINS

- Source of proteins. Involved in growth and repair of tissues.
- Found in dairy products (milk, yogurt, cheese...), eggs, pulses (peas, chickpeas, lentils, broad beans and beans), white meats (chicken, turkey, rabbit), red meats (beef, lamb and pork) as well as fish and seafood.



# FRUITS

- Source of vitamins, minerals, water and fibre.
- The more the seasons are respected and proximity of the fruits, the less is the impact on the environment and better the flavour and properties.
- 3 portions are recommended per day.
- Present in breakfast, lunch and dinner.



# OIL

- Preferably extra virgin olive oil.



# WATER

- First drinking option.



# CUT-OUTS

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**January**  
 mandarin, orange, lemon,  
 grapefruit, apple, banana  
 chard, artichoke, celery,  
 broccoli, pumpkin, cabbage,  
 cauliflower, chikory  
 spinach,  
 lettuce, carrot

**July**  
 strawberry, banana, pear,  
 cherry, apricot, peach,  
 raspberry, melon,  
 avocado, plum  
 Lettuce, Carrot, Tomato,  
 Cucumber, Aubergine,  
 Courgette, Pepper  
 French beans



**February**  
 mandarin, orange, lemon,  
 grapefruit, banana  
 chard, artichoke, celery,  
 broccoli, pumpkin, cabbage,  
 cauliflower, chikory  
 spinach,  
 lettuce, carrot

**August**  
 banana, pear, cherry,  
 apricot, peach, raspberry,  
 blackberry, melon, watermelon,  
 avocado, plum, apple  
 lettuce, carrot, tomato,  
 courgette, pumpkin, pepper  
 cucumber, aubergine,  
 french beans



**March**  
 mandarin, orange, lemon,  
 grapefruit, strawberry, banana  
 chard, artichoke, celery,  
 broccoli, pumpkin, cabbage,  
 cauliflower, chikory  
 spinach,  
 lettuce, carrot  
 asparagus

**September**  
 banana, pear, grapes,  
 apricot, peach, melon,  
 watermelon,  
 avocado, plum, apple  
 chard, lettuce, carrot, tomato,  
 courgette, pumpkin, pepper  
 cucumber, aubergine,  
 french beans



**April**  
 orange, lemon,  
 strawberry, banana  
 chard, artichoke, pumpkin,  
 spinach,  
 lettuce, carrot  
 asparagus

**October**  
 banana, pear, grapes,  
 quince, peach, melon,  
 watermelon, mandarin, fig,  
 pomegranate, persimmon, apple  
 chard, lettuce, carrot, tomato,  
 courgette, pumpkin, pepper  
 cucumber, aubergine,  
 french beans, cabbage,  
 turnip



**May**  
 orange, lemon,  
 strawberry, banana, cherry  
 apricot, peach  
 chard, spinach,  
 lettuce, carrot  
 asparagus, tomato,  
 cucumber

**November**  
 banana, pear, grapes,  
 quince, mandarin, fig,  
 pomegranate, persimmon, apple  
 orange, lemon  
 chard, lettuce, carrot, tomato,  
 courgette, pumpkin, spinach,  
 artichoke, celery, broccoli,  
 cabbage, turnip



**June**  
 strawberry, banana, cherry  
 apricot, peach, raspberry,  
 melon, avocado  
 lettuce, carrot, asparagus,  
 tomato, cucumber,  
 aubergine, courgette,  
 french beans

**December**  
 banana, grapes,  
 mandarin, orange, lemon  
 pomegranate, persimmon, apple  
 chard, lettuce, carrot, tomato,  
 courgette, pumpkin, spinach,  
 artichoke, celery, broccoli,  
 cabbage, turnip,  
 cauliflower







# FRUIT AND VEGETABLE SEASONS

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# FRUIT SEASONS

FRUITS	January	February	March	April	May	June	July	August	September	October	November	December	FRUITES
Lemon	x	x	x								x	x	Llimona
Mandarin	x	x	x	x								x	Mandarina
Orange	x	x	x	x	x					x	x	x	Taronja
Apple	x	x	x	x	x				x	x	x	x	Poma
Banana	x	x	x	x	x	x	x	x	x	x	x	x	Plàtan
Pear	x	x	x	x			x	x	x	x	x	x	Pera
Plum					x	x	x	x	x				Pruna
Peach						x	x	x	x	x			Préssec
Nectarine						x	x	x	x	x			Nectarina
Apricot					x	x	x	x					Albercoc
Strawberry		x	x	x	x	x							Maduixot
Cherry				x	x	x	x						Cirera
Fig							x	x	x	x			Figa
Grape									x	x	x	x	Raïm
Raspberry						x	x	x					Gerd
Melon						x	x	x					Meló
Avocado						x	x	x	x				Alvocat
Blackberry								x					Móra
Watermelon								x	x	x			Síndria
Quince										x	x		Codony
Pomegranate										x	x	x	Magrana
FRUITS	Gener	Febrer	Març	Abril	Maig	Juny	Juliol	Agost	Setembre	Octubre	Novembre	Desembre	FRUITES

# VEGETABLE SEASONS

VEGETABLES	January	February	March	April	May	June	July	August	September	October	November	December	HORTALISSES
Swiss chard	x	x	x	x	x	x	x	x	x	x	x	x	Bleda
Artichoke	x	x	x	x							x	x	Carxofa
Broccoli	x	x	x	x	x				x	x	x	x	Bròquil
Pumpkin	x	x	x	x							x	x	Carbassa
Cabbage	x	x	x	x	x	x	x	x	x	x	x	x	Col
Cauliflower	x	x	x	x	x				x	x	x	x	Coliflor
Spinach	x	x	x	x	x	x				x	x	x	Espinac
Lettuce	x	x	x	x	x	x	x	x	x	x	x	x	Enciam
Carrot	x	x	x	x	x	x	x	x	x	x	x	x	Pastanaga
Asparagus			x	x	x	x							Espàrrec
Cucumber					x	x	x	x	x				Cogombre
Aubergine						x	x	x	x	x	x		Albergínia
Courgette				x	x	x	x	x	x	x	x		Carbassó
Pepper							x	x	x	x	x		Pebrot
Beans				x	x	x	x	x	x	x	x		Mongeta
Turnip										x	x	x	Nap
Leek	x	x	x	x	x	x	x			x	x	x	Porro
Potatoes				x	x	x					x	x	Patata
Onion	x	x	x	x	x	x	x	x	x	x	x	x	Ceba
Garlic	x	x	x	x	x					x	x	x	All
Broad beans	x	x	x	x									Faves
Peas	x	x	x	x									Pèsols
Tomato					x	x	x	x	x	x	x	x	Tomàquet
VEGETABLES	Gener	Febrer	Març	Abril	Maig	Juny	Juliol	Agost	Setembre	Octubre	Novembre	Desembre	HORTALISSES