The base of the Mediterranean lifestyle is plant-based foods. This reinvented pyramid shows the different components of the Mediterranean lifestyle and what foods are eaten in moderation.
Ways to Include More Plant Foods

Here are some ideas to start embracing the plant-based lifestyle:

• **Embrace extra-virgin olive oil**: Olive oil is a healthy fat packed with omega-3 fatty acids. Dip bread into it, drizzle on veggies, grains, and beans, and make your own salad dressing!
  
  o **Salad Dressing Formula**: 3 parts oil to 1 part acid such as vinegar

• **Pack in protein from plants**: Have extra grains like quinoa and brown rice on hand to create a quick meal during a busy day. Legumes, nuts and seeds are also great sources of protein (see More Plant-Based Tips for more info on plant-based protein)

• **Embrace new flavors**: Try cooking with herbs to boost the flavor of your meals. You'll likely discover that you'll need less salt. A combination of lemon juice, olive oil, and oregano is an amazing addition to any dish!