




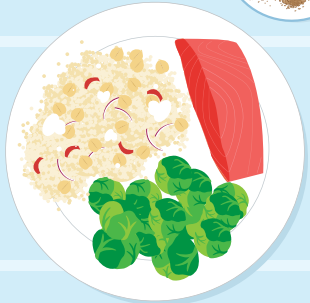
# CHOLINE in a Healthy Mediterranean-Style Diet

The U.S. Healthy Mediterranean-Style eating pattern is one of three eating patterns recommended by the 2015–2020 Dietary Guidelines for Americans.<sup>1</sup> It is generally abundant in plant-based foods such as fruits and vegetables, beans and pulses, nuts and whole grains in addition to fish and seafood, poultry, eggs, cheese and yogurt, olive oil and red wine.<sup>2</sup>

Nine out of 10 Americans don't meet the daily recommended choline goal of 550 mg.<sup>3,4</sup> Consider smart swaps to get the most choline in a healthy, balanced Mediterranean-Style diet for optimal health.

## MEDITERRANEAN-STYLE DIET\*

## CHOLINE-FOCUSED MEDITERRANEAN-STYLE DIET\*

	MEDITERRANEAN-STYLE DIET*	CHOLINE-FOCUSED MEDITERRANEAN-STYLE DIET*
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>2/3 cup cooked oats</li> <li>1 large banana</li> <li>1 tablespoon honey</li> <li>1/2 oz. roasted, unsalted almonds (about 11 almonds)</li> <li>1 cup soy milk</li> </ul>	<ul style="list-style-type: none"> <li><b>1 egg</b></li> <li>1/2 avocado (about 1/3 cup)</li> <li>1 slice whole grain bread</li> <li>1 large orange</li> <li>1 cup soy milk</li> </ul> 
<b>SNACK</b>	<ul style="list-style-type: none"> <li>1/2 cup plain, nonfat Greek yogurt</li> <li>1/4 cup low-fat granola</li> <li>1 cup strawberries (about 8 large)</li> </ul>	<ul style="list-style-type: none"> <li>1/2 oz. roasted, unsalted almonds (about 11 almonds)</li> <li>1 small apple</li> </ul> 
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>1 whole wheat tortilla</li> <li>2 oz. roasted, skinless chicken breast</li> <li>1/4 cup each: hummus + chopped cucumber + chopped spinach + fat-free feta cheese</li> <li>4 large Kalamata olives</li> <li>1/2 cup cooked whole grain pasta</li> <li>2 tablespoons each: chopped zucchini + chopped tomato + sliced black olives + Italian salad dressing</li> </ul>	<ul style="list-style-type: none"> <li>2 cups chopped romaine lettuce</li> <li><b>2 oz. roasted, skinless chicken breast</b></li> <li>1/3 cup each: chopped red onion + chopped tomato + chopped cucumber + fat-free feta cheese</li> <li>1/2 cup cooked orzo pasta</li> <li>1 tablespoon each: olive oil + balsamic vinegar</li> <li>2 slices whole wheat pita bread</li> <li>1/4 cup hummus</li> </ul> 
<b>SNACK</b>	<ul style="list-style-type: none"> <li>1/2 cup grapes</li> <li>1/2 oz. roasted, unsalted almonds (about 11 almonds)</li> </ul>	<ul style="list-style-type: none"> <li>1/2 cup plain, nonfat Greek yogurt</li> <li>1/2 cup blueberries</li> <li><b>1 tablespoon wheat germ</b></li> </ul> 
<b>DINNER</b>	<ul style="list-style-type: none"> <li>3 oz. turkey burger</li> <li>1 whole wheat hamburger bun</li> <li>2 leaves romaine lettuce</li> <li>2 slices tomato + 1 thick slice red onion</li> <li>2 teaspoons yellow mustard</li> <li>25 sweet potato fries</li> </ul>	<ul style="list-style-type: none"> <li><b>3 oz. salmon</b></li> <li><b>1 cup cooked Brussels sprouts</b></li> <li>3/4 cup cooked couscous</li> <li>1/4 cup each: chickpeas + chopped bell pepper + chopped red onion + fat-free feta cheese</li> </ul> 
	<b>Total Calories: 2,167</b>	<b>Total Calories: 2,184</b>
	<b>Total Choline: 238 mg</b>	<b>Total Choline: 466 mg</b>

Items in bold are higher in choline.

**It can be difficult to meet daily choline needs, even when following a choline-focused diet. Consider a supplement to meet the recommended 550 mg of choline each day.**

1. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans. 8th Edition. December 2015. <https://health.gov/dietaryguidelines/2015/guidelines/>.

2. Oldways. History of the Mediterranean Diet Pyramid. <https://oldwayspt.org/history-mediterranean-diet-pyramid>.

3. Wallace TA and Fulgoni VL 3rd. Assessment of Total Choline Intakes in the United States, Journal of the American College of Nutrition, DOI: 10.1080/07315724.2015.1080127. Published online February 17, 2016.

4. US Department of Health and Human Services. Food Labeling: Revision of the Nutrition and Supplement Facts Labels. 21 CFR §101. <https://www.gpo.gov/fdsys/pkg/FR-2016-05-27/pdf/2016-11867.pdf>. Revised May 27, 2016. Effective July 26, 2016. Accessed May 25, 2017.

\* Based on a 2,000-calorie diet; dietary patterns based on recommendations from the 2015-2020 Dietary Guidelines for Americans, Healthy Mediterranean-Style sample eating pattern. <https://health.gov/dietaryguidelines/2015/guidelines/appendix-4/>.



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