



## Seeds and Oilseeds in Action

### OBJECTIVE

Promote the regular inclusion of **seeds and oilseeds** in the diet, in order to **planned**, balanced and aligned with the **Mediterranean dietary pattern**.

### YOUR MISSION

It includes **two portions** throughout the week, planned in advance, using the proposals below or similar adaptations.

### Portion suggestions

1. **Mediterranean salad**  
Chickpeas, tomatoes, cucumbers, coriander, **pumpkin seeds** and olive oil sauce.
2. **Natural yogurt**  
Seasonal fruit + **1 tablespoon of ground flaxseed** + **1 tablespoon of walnuts**.

### Step 1- Plan in Plan of the Week

| Day of the week | Meal | Seeds/oilseeds included |
|-----------------|------|-------------------------|
|                 |      |                         |
|                 |      |                         |
|                 |      |                         |
|                 |      |                         |
|                 |      |                         |



## Step 2 - Check the balance

Tick off what you have accomplished:

- You have included seeds or oilseeds
- You used **moderate portions**
- You combined it with fruit, legumes or vegetables
- You used olive oil as the main fat

## Planning tip

Prepare a **homemade mixture** of Sunday:

- Almonds
- hazelnuts
- seeds (e.g. pumpkin, sunflower, sesame)

Store in an airtight jar. This way you have **healthy snacks ready**, save time and avoid **processed snacks**.

## Final reflection

It answers the following questions:

1. In which meals was it easier to include **seeds and oilseeds**?

---

2. What are the advantages of planning these choices in advance?

---

3. What processed snacks were you able to **replace** with more natural options?

---

---