



Vegetables

fresh, frozen or canned

Artichokes, arugula, beets, broccoli,
brussels sprouts, cabbage, celery,
cucumbers, eggplant, kale, lemons,
lettuce, mushrooms, onions, peas,
peppers, potatoes, spinach, sweet
potatoes, zucchini

Fruits

fresh, frozen or canned

Apples, apricots, avocados,
cherries, clementines, dates, figs,
grapefruits, grapes, melons,
nectarines, olives, oranges,
peaches, pears, pomegranates,
strawberries, tangerines, tomatoes

Dairy

Feta cheese, parmesan cheese,
part-skim mozzarella cheese, greek
yogurt, almond milk, soy milk

Grains

Brown rice, quinoa, oats, whole grain bread, whole wheat bread, whole wheat pasta, wild rice, couscous, amaranth, bulgur wheat, rye, barley, millet

Healthy Fats

Olive oil, avocado oil, walnuts,
almonds, cashews, peanuts,
sunflower seeds, eggs

Beans and Legumes

Garbanzo beans (chickpeas),
black beans, hummus, kidney
beans, lentils (brown, green, red),
pinto beans

Seafood

Cod, crab, flounder, halibut,
herring, oysters, salmon,
shrimp, tuna, anchoives, clams,
mackerel, lobster, monkfish,
mussels, sardines, sea bass,
squid

Meat and Poultry

Meat products are not frequently consumed in the Mediterranean Diet. When consumed, choose meats such as:

- Lean beef (tenderloin, T-bone)
- Lean pork (Pork tenderloin, loin chops)
- Lean poultry (boneless, skinless chicken breast, ground chicken and turkey)

Herbs and Spices

Basil, chives, cilantro, coriander, cumin, dill, mint, oregano, parsley, rosemary, sage, tarragon, thyme, allspice, bay leaves, black pepper, cardamom, cayenne pepper, chili powder, cinnamon, fennel seed, garlic powder, ground ginger, nutmeg, paprika, sea salt, turmeric, red pepper flakes

Beverages

Water, tea, red wine*, coffee,
100% fruit juice

**No more than 5 oz daily*

Additional items

[illegible]

Please use this as a general guideline for following a Mediterranean diet. A diet may not be limited to the items on this list.