

Essential List of Mediterranean Diet Pantry Staples

Use this list to help you stock your pantry full of Mediterranean diet essentials. There are many options available and this is not an exhaustive list by any means. Your pantry selection will differ by location and availability of specific foods. Online shopping is also available for many of these items. Wishing you all the best on following this amazing, health-promoting diet!

Fruits and Vegetables

- Potatoes (any variety- sweet, red-skinned, etc.)
- Onions (any variety)
- Artichoke hearts (plain or marinated)
- Roasted red peppers
- Capers
- Olives (any variety- Kalamata, Mediterranean blend, etc.)
- Giardiniera (mix of pickled vegetables)
- Canned tomatoes (whole, diced, crushed, etc.)
- Sun-dried tomatoes (dried or marinated)
- Tomato sauce
- Tomato paste
- Dates
- Apricots
- Raisins
- Cranberries
- Prunes
- Peas
- Green beans
- Corn
- Beets
- Mushrooms
- Apple sauce
- Pears
- Peaches
- Grapefruit

Grains and Pasta

- 100% whole grain bread, bread crumbs, and crackers
- Quinoa
- Barley
- Oats (any whole grain variety)
- Grits
- Popcorn
- Brown or white rice
- Couscous
- Bulgur wheat
- Whole wheat or regular semolina pasta
- Orzo
- Buckwheat
- Polenta
- Gluten-free pastas (if gluten allergy)

Nuts and Seeds

- Pine nuts
- Walnuts
- Almonds
- Hazelnuts
- Pecans
- Pistachios
- Cashews
- Peanuts
- Nut butters
- Tahini
- Sesame seeds
- Chia seeds
- Flaxseeds
- Sunflower seeds
- Pumpkin seeds (pepitas)

Beans and Legumes

- Chickpeas
- Pinto beans
- Cannellini beans
- Great Northern beans
- Black-eyed peas
- Black beans
- Navy beans
- Fava beans
- Kidney beans
- Split peas (any variety)
- Lentils (any variety)

Canned Meat and Fish

- White meat chicken
- Salmon
- Tuna
- Sardines
- Anchovies
- Herring
- Mackerel

Oils and Vinegars

- Extra virgin olive oil
- Canola oil
- Avocado oil
- Red wine vinegar
- Balsamic vinegar
- Apple cider vinegar
- White wine vinegar

Herbs and Spices

- Oregano
- Parsley
- Mint
- Basil
- Dill weed
- Thyme
- Rosemary
- Sage
- Bay leaves
- Smoked paprika
- Cumin
- Cinnamon
- Cloves
- Cayenne pepper
- Aleppo pepper
- Crushed red pepper flakes
- Turmeric
- Allspice
- Nutmeg
- Coriander
- Sumac
- Garlic (minced or powder)
- Onion powder
- Zaatar spice

Condiments and Sauces

- Honey
- Agave nectar
- Date syrup
- Molasses
- Maple syrup
- Dijon mustard
- Tahini (also under "Nuts and Seeds")
- Romesco sauce
- Pesto sauce
- Salsa verde and other salsas
- Aioli (many varieties available)
- Tapenade (many varieties available)

Wine and Cooking Wines

- Red wines (Syrah, Merlot, Sauvignon, Cabernet, Pinot Noir, etc.)
- White wines (Riesling, Sauvignon Blanc, Chardonnay, etc.)
- Rosé wines or blushes (White Zinfandel, Grenache rosé, Tempranillo rosé, etc.)
- Sherry