

Mediterranean Diet Food List

Use this list to set yourself up for success on following the Mediterranean diet. This "gold standard" for heart-healthy eating has benefits in all areas of health and can decrease your risk of chronic disease and age-related disorders.


Items will vary based on location and availability. Online shopping is also available for many of these items.

Wishing you all the best in nutrition and health!

Fruits and Vegetables

All fruits and vegetables are allowed on the Mediterranean diet. Eat them liberally and at most meals to get at 2-3 servings of fruit and at least 5 servings of vegetables each day. Potatoes should be eaten less often, 2-3 times per week

- Apple
- Banana
- Citrus fruits (orange, lemon, lime, grapefruit, etc.)
- All berries (strawberry, blueberry, raspberry, etc.)
- Apricots
- Avocado
- Figs
- Grapes
- Cherries
- Melons
- Peaches
- Pears
- Pomegranate
- Potatoes (any variety- sweet, red-skinned, etc.)
- Onions (any variety)
- Olives (any variety- Kalamata, Mediterranean blend, etc.)
- Leafy greens (kale, spinach, etc.)
- Carrot
- Zucchini
- Eggplant
- Bell peppers
- Tomatoes
- Peas
- Green beans
- Corn
- Beets
- Mushrooms



Eat these liberally at every meal. Don't forget to choose locally-sourced and in-season produce when available.

Breads, Grains, and Other Starches

Breads, whole grains, and other starches are eaten at every meal as well. Choose more "whole grain" sources which are less processed and contain more fiber and nutrients than their processed counterparts.

- 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
- Millet
- Gluten-free pastas (if gluten allergy)



Nuts and Seeds

Nuts and seeds can be eaten up to 2 times daily. Each serving is 30 grams or 1 ounce.

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



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Beans and Legumes

Consume beans and legumes up to 2 times each week in 1/2 cup serving sizes.

- Garbanzo beans (chick peas)
- Black beans
- Pinto beans
- Cannellini beans
- Navy beans
- Great Northern beans
- Black-eyed peas
- Gigante beans
- Kidney beans
- Fava beans
- Broad beans
- Soy beans
- Refried beans
- Lentils
- Split-peas
- Peas



Meat, Poultry, Fish, Seafood, and Eggs

Red meat should be limited to 1-2 times a month. Poultry and fish and seafood can each be eaten up to 2 times each week. Up to 4 whole eggs can be eaten each week.

- Salmon
- Albacore tuna
- Cod
- Sardines
- Trout
- Clams
- Shrimp
- Crab
- Mussels
- Lobster
- Chicken
- Turkey
- Cornish hens
- Pork chops
- Lamb
- Beef

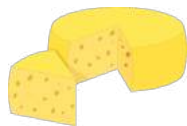


When eating poultry, beef, and other animal sources, remove the skin or choose leaner cuts such as the loin or round.

Dairy and Cheese

Two servings of dairy is allowed each day. Both full and low fat varieties are eaten in the Mediterranean.

- Brie
- Chevre
- Corvo
- Feta
- Haloumi
- Manchego
- Parmigiano-Reggiano
- Pecorino
- Low fat milk
- Ricotta cheese
- Cottage cheese
- Yogurt (regular or Greek)
- Mozzarella
- Blue cheese
- Swiss cheese



Dairy products that are high in saturated fat like butter, cream, and ice cream are eaten sparingly.

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Oils and Vinegars

Olive oil is the main fat source in the Mediterranean diet. It is used daily and at every meal. Choose extra virgin olive oil for the most health benefits.

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



Herbs and Spices

Use herbs and spices to add more flavor, complexity, and thousands of healthy bioactive compounds to your diet.

- 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


There are many different condiments and sauces used throughout the Mediterranean as accompaniments to meals or as snacks. Some sauces can be purchased pre-made or you can make them yourself.

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

Drinking and Cooking Wines

Wine is used in many Mediterranean dishes as well as consumed with meals on occasion. Red wine is preferred due to its high content of resveratrol.

- 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



When drinking wine, it should be consumed at meal times, spread throughout the week, and in moderation.