

Your Mediterranean Diet Cheat Sheet

Fresh Vegetables

Eat 4-5 servings of vegetables every day. (1 serving = 1 cup of raw vegetables or ½ cup of cooked vegetables). When trying to decide which vegetables to eat, aim for the most colorful ones. Here are some suggestions: **Peppers, spinach, broccoli, carrots, tomatoes.**



Fresh Fruit

Eat 4-5 servings of fruits every day. (1 serving = ½ cup of fresh fruit). When trying to decide which fruits to eat, aim for the most colorful ones. Here are some suggestions: **cherries, blueberries, grapes, apples, and oranges.** Tip: Make fruit your dessert.



Oils/Fats

Eat 4 tablespoons or more of **olive oil** per day. Choose olive oil as your main source of fat. Avoid butter, margarine, and other vegetable oils. Tip: You can use olive oil to cook and in dressings for salad.



Whole Grains

Choose whole grains rather than refined and processed grains. (1 serving = 1 slice bread or ½ cup cooked oatmeal). Here are some suggestions: **Brown rice, whole grain breads and pastas, quinoa, whole oats, buckwheat.**



Fish and Protein

Eat at least 3 servings of fish every week. (1 serving = 3 oz., or the size of a checkbook). Avoid the largest fish which are likely to have the highest levels of mercury (such as swordfish). Here are some suggestions: **Wild caught salmon, tilapia, sardines.**



Moderate amounts of poultry and white meat are also included in the Mediterranean diet.

Beans, Legumes, and Nuts

Eat 3 servings of beans/legumes every week and at least 1 serving of nuts every week. (1 serving of nuts = 23 almonds or 14 walnut halves; 1 serving of beans = ½ cup). Here are some suggestions: **Walnuts, beans, lentils, chickpeas, peanuts, mesquite, alfalfa, and peas.**



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- ❖ Red meats, processed meats, and sweets should be limited.
 - *Consult with your doctor about any individualized dietary needs.