

## What Is Mediterranean Diet?



A heart-healthy way of living

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You can eat a lots of fruits, vegetables, beans, fish, nuts, olive oil; moderate quantity of dairy, eggs, full grains and lesser of red meat and sweets.



## How Much Should LEat EVERY DAY?

Fruits and vegetables (1 serving equals 2 oz)

3 servings of fruit and 3 servings of vegetables daily





Whole grains and starchy vegetables (1 serving equals 2 oz) 3 - 6 servings per day



Dairy(1 serving equals 1 oz) 3 servings



Olive oil





## How Much Should I Eat EVERY WEEK?

Beans (1 serving equals 2 oz) At least 3 servings



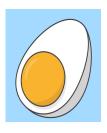
Fish (1 serving equals 3 oz) 3 servings a week



Nuts (1 serving equals 1 oz) At least 3 servings a week



Eggs Limit: 3 servings



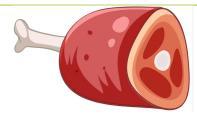
No limit on egg whites

Not too many yolks

Meat



white meat 3 serving a week



Limit: 1 serving (3 oz.) of lean red meat

Wine (optional)

Women - limit to 1 glass per day



Men - limit to 2 glasses per day



Desserts

Limit: Less than 3 servings

