

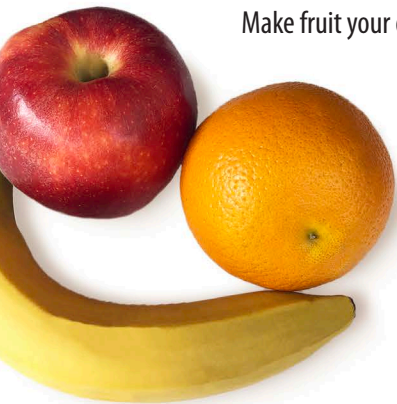
# Mediterranean Diet

Mostly plant-based with high amounts of fresh vegetables, fruits, nuts, dried beans, olive oil, and fish

## Fruits

3 or more servings each day

Make fruit your dessert



## Vegetables

4 or more servings each day

One portion each day should be raw vegetables. A serving is 1 cup raw or ½ cup cooked vegetables. Eat a variety of colors and textures.



## Nuts & Seeds

3 or more servings each week



## Dried Beans & Legumes

3 or more servings each week

1 ounce or 1 serving = 23 almonds or 14 walnut halves  
1 serving of beans = ½ cup

## Yogurt, Cheese, Egg & Poultry

Choose daily to weekly

Choose low-fat yogurt and cheeses. Choose skinless chicken or turkey in place of red meat.



## Fats & Oils

4 tablespoons or more of olive oil each day

Choose extra virgin olive oil (EVOO) and use in salad dressings and cooking. Choose avocado or natural peanut butter instead of butter or margarine.



## Herbs & Spices

Use daily

Season foods with herbs, garlic, onions, and spices instead of salt.



\*Serving sizes should be individualized to meet energy and nutrient needs.

## Fish & Seafood

2-3 times each week

Choose salmon, sardines, and tuna which are rich in Omega-3 fatty acids.



## Alcohol & Wine

1-2 glasses each day (Men)  
1 glass each day (Women)

Always ask your medical team if alcohol is ok for you to consume.

## Grains

4 or more servings each day

Choose mostly whole grains. 1 serving = 1 slice bread or ½ cup cooked oatmeal

Red meats, processed meats, and sweets should be limited.

