

The Mediterranean Diet

The focus of this diet is 9 nutritious food groups. Adding just a few of these healthy food groups into your diet can result in better mental and physical health and may prevent deaths from heart disease and cancer.



Food Group	How Much?	Foods to Try
Vegetables	<i>Male: 303 grams Female: 248 grams per day</i>	Dark leafy greens, carrots, squash, peppers, aubergine, cucumbers, tomatoes
Legumes	<i>Male: 60 grams Female: 49 grams per day</i>	Lentils, peas, beans, okra, chickpeas, peanuts
Fruits and Nuts	<i>Male: 249 grams Female: 216 grams per day</i>	Apples, berries, citrus, peaches, grapes, almonds, walnuts, cashews, pistachios
Cereals and Whole Grains	<i>Male: 291 grams Female: 248 grams per day</i>	Brown rice, corn, popcorn, quinoa, whole wheat breads, corn tortillas, oats (“whole” grain on ingredient list)
Fish	<i>Male: 26 grams Female: 21 grams per day</i>	Cod, tuna, salmon, crabs, clams, prawns, scallops, oysters, mackerel (about 2 servings per week)
Oils / Fats	Choose plant-based fats over animal fats	Unsaturated oils such as olive, sesame, avocado
Dairy	Less than 240 mL <i>per day</i>	Low fat and fermented: yogurt, cheese, kefir, cottage cheese, ricotta cheese
Meats	<i>Male: 109 grams Female: 91 grams (about 1 serving) per day</i>	Pork tenderloin, chicken breast or trimmed thigh, lean ground beef
Alcohol	<i>men and women are advised not to drink more than 14 units a week on a regular basis</i>	Consume with meals. Spread your drinking over three or more days if you regularly drink as much as 14 units a week.