

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	2-3 cups <i>per day</i>	Dark leafy greens, carrots, squash, peppers, eggplant, cucumbers, tomatoes
Legumes	2 cups <i>per week</i>	Lentils, peas, beans, okra, chickpeas, peanuts
Fruits and Nuts	Fruit: 1-1½ cups <i>per day</i> Nuts: ¼ cup <i>per day</i>	Apples, berries, citrus, peaches, grapes, almonds, walnuts, cashews, pistachios
Cereals and Whole Grains	1 ½ cups <i>per day</i> ("whole" grain on ingredient list)	Brown rice, corn, popcorn, quinoa, whole wheat breads, corn tortillas, oats
Fish	2 4-ounce servings <i>per week</i>	Cod, drum, tuna, salmon, crabs, clams, shrimp, scallops, oysters, mackerel
Oils / Fats	Choose plant-based fats over animal fats	Unsaturated oils such as olive, canola, sesame, sunflower, safflower, cottonseed
Dairy	Less than 1 cup (8 ounces) <i>per day</i>	Low fat and fermented: yogurt, cheese, kefir, cottage cheese, ricotta cheese
Meats	3-4 ounces (about 1 serving) <i>per day</i>	Pork tenderloin, chicken breast or trimmed thigh, lean ground beef
Alcohol	Women: 1 drink <i>per day</i> Men: 2 drinks <i>per day</i>	All alcohols are included but should be consumed with meals. Avoid binge drinking.