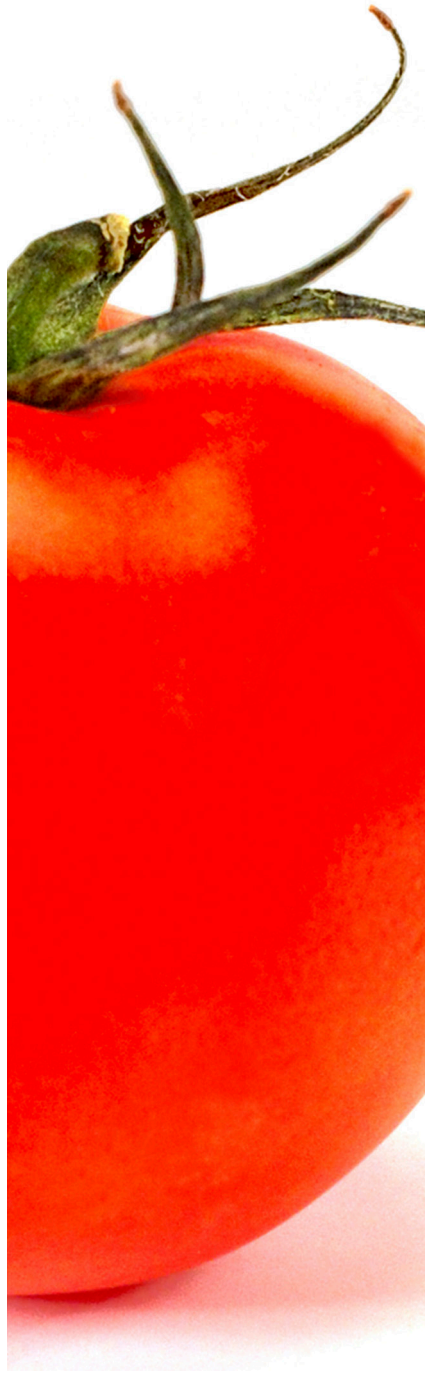


The Mediterranean Diet

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	Aim for at least 3 to 4 servings per day	Dark leafy greens, carrots, squash, peppers, eggplant, cucumbers, tomatoes, broccoli, beets, cauliflower, asparagus
Legumes	Aim for at least 1 to 2 servings per week	Lentils, peas, beans, okra, chickpeas, peanuts, green beans, kidney beans (1 serving = ½ cup cooked legumes or ¼ cup peanuts)
Fruits and Nuts	Aim for at least 3 to 3.5 servings of fruit per day and at least 1 serving of nuts per week	Apples, berries, citrus, peaches, grapes, almonds, walnuts, cashews, pistachios 1 serving = 1 cup fresh fruit or ½ cup dried Nuts: 1/4 cup <i>per day</i>
Cereals and Whole Grains	Aim for at least 1 to 2 servings per day ("whole" grain on ingredient list)	Brown rice, corn, popcorn, quinoa, whole wheat breads/pastas, corn tortillas, oats, farro, bulgur
Seafood	Aim for at least two 4 oz servings per week	Cod, shrimp, rockfish, 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
Land Animal Protein	Aim for less than 4 oz servings per day	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.