

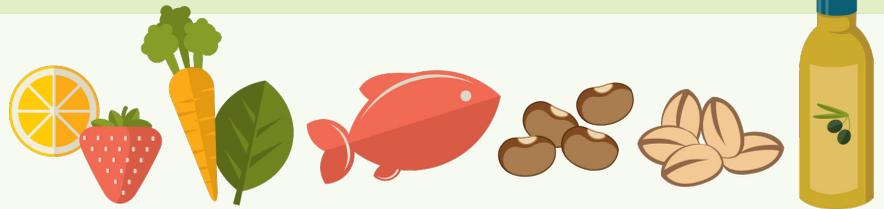
# Mediterranean Diet

A heart-healthy way of eating



## What kinds of food can I eat on the Mediterranean diet?

You can eat lots of fruits, vegetables, beans, fish, nuts and olive oil

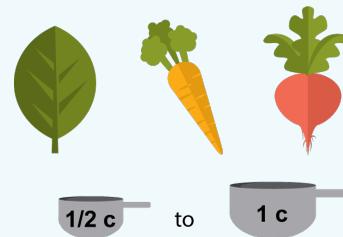
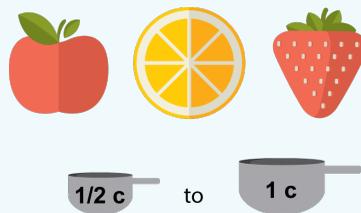


## How much should I eat? EVERY DAY



### Fruits and vegetables

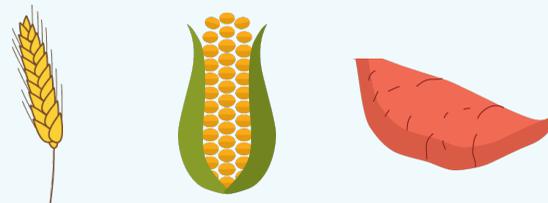
3 servings of fruit and at least 3 servings of vegetables



### Whole grains and starchy vegetables

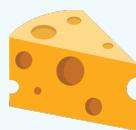
3-6 servings

(serving = 1/2 cup, 1 slice bread, or 3/4 cup of dry cereal)



### Dairy

3 servings



1 oz.

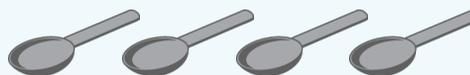


Fat-free  
or 1%



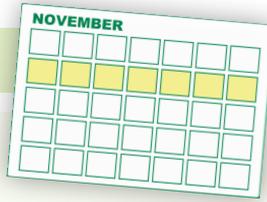
Fat-free  
or 1%

### Olive oil



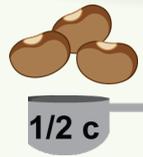
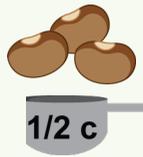
1-4 Tablespoons

# How much should I eat? EVERY WEEK



## Beans

At least 3 servings



## Fish

3 servings



3-4 oz.



3-4 oz.



3-4 oz.

## Nuts

At least  
3 servings



1/4 c  
(1 oz.)



1/4 c  
(1 oz.)



1/4 c  
(1 oz.)



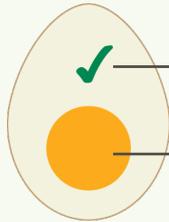
## Nut Butter

2 tablespoons  
3 times/week



## Eggs

Limit: 3 servings



No limit on egg whites

Not too many yolks

## Meat



Choose skinless,  
white meat



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 (homemade are best)

Limit: Less than 3 servings

