

Mediterranean Diet

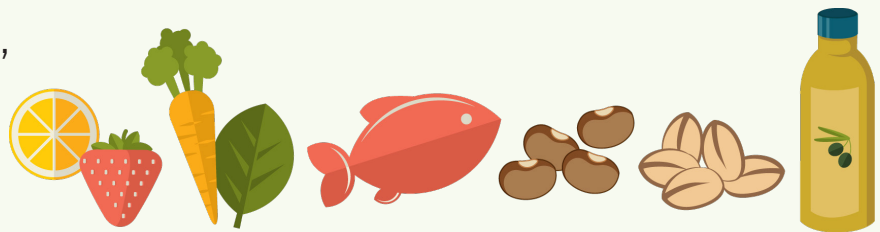


What is the Mediterranean diet?

The Mediterranean diet is a heart-healthy way of eating.

What kinds of foods can I eat on the Mediterranean diet?

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



Every day

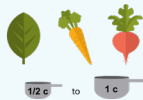


Fruit and vegetables

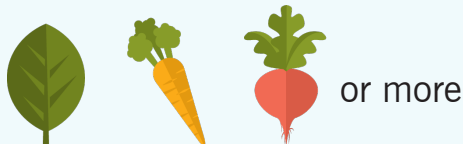
Eat 3 servings of fruit and 3 or more servings of vegetables.
(One serving = 1/2 cup to 1 cup)



1/2 c to 1 c



1/2 c to 1 c



or more

1/2 c to 1 c

Olive Oil

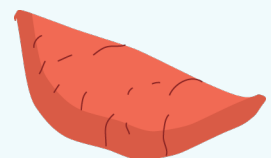
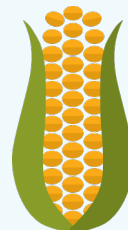


Have 1 - 4 Tablespoons

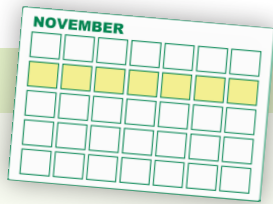


Whole grains and starchy vegetables

Eat 3 to 6 servings
(One serving = 1/2 cup vegetables,
1 slice bread or 1 ounce of dry cereal)

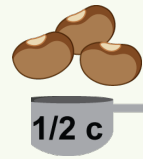
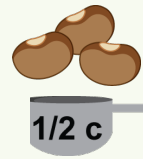
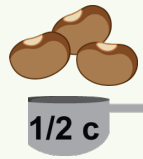


Every week



Beans

Eat 3 servings.
(One serving = 1/2 cup cooked)



Fish

Eat 3 servings.
(One serving = 3 - 4 ounces)



3 - 4 oz.



3 - 4 oz.



3 - 4 oz.

Nuts

Eat at least 3 servings.
(One serving = 1/4 cup,
which is 1 ounce)



1/4 c
(1 oz.)



1/4 c
(1 oz.)



1/4 c
(1 oz.)



Nut Butter

Eat 2 tablespoons
3 times per week.



Dairy and eggs

Limit: 3 servings
(Serving size = 1 ounce cheese,
1 cup milk or yogurt)



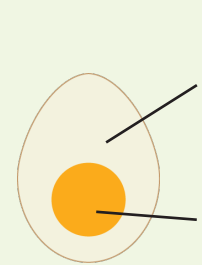
1 oz.



Fat-free
or 1%



Fat-free
or 1%



😊
No limit on
egg whites

😞
Not too
many yolks

Meat



Choose skinless
white meat.



Limit: 1 serving (3 oz.)
of lean red meat

Optional: Wine



Women - 1 glass per day



Men - 2 glasses per day

Limit: Desserts (homemade are best)

Limit: Less than 3 servings/week

