



## Mediterranean Diet

The Mediterranean Diet is based on fresh, unprocessed, preservative and additive free foods: lean protein choices, lots of fresh vegetables, fresh fruits, whole grains, and healthy fats. Other regional foods that provide these choices are: Thai, Indian, vegetarian, Greek, and Japanese cuisines. In addition, the Mediterranean diet contains modest amounts of dairy in the form of cheese and yogurt (fermented/aged).

Lean protein: legumes (all beans, peas, lentils), all nuts, all seeds, fish, shellfish, chicken, turkey, leaner cuts beef like filet, sirloin, London broil

Fresh vegetables: salads, leafy greens, broccoli, cauliflower, root vegetables, celery, peppers, tomatoes, eggplant, squash of all kinds, pumpkin

Fresh Fruit: Berries, apples, pears, figs, grapes, oranges. Choose less often, tropical fruits and melons which are higher in sugar: pineapple, banana, mango, papaya, honeydew, cantaloupe, watermelon

Whole grains: whole wheat, brown, black, or red rice, barley, millet, buckwheat, oats, amaranth, rye, teff, quinoa, and corn less often  
Choose gluten containing grains less often: wheat, barley, rye, spelt, farro

Healthy fats: Olive oil, avocado oil, walnuts (high in omega 3), all other nuts, pine nuts, pumpkin seeds, all other seeds, avocados, fish such as mackerel, salmon, halibut, sardines (high in omega 3)

### Dining out:

Look for options prepared in broth or olive oil. Avoid choices with cream based sauces and dressings. Choose olive oil based salad dressings and ask for olive oil on the side for steamed veggies. Lentil soup and beans are good additions to a meal and you can 'construct' a meal from various side dishes as needed.

- Salads, vegetable and broth based soups, vegetable purees, roasted, steamed, sautéed veggies and root veggies
- Brown rice, quinoa, farro, barley, choose potato less often
- Legumes: lentils, peas, fava, black, pinto, garbanzo, edamame
- Fish, shellfish, chicken, turkey, choose beef less often
- Add nuts to salads, stir fry, steamed veggies
- Dessert options include berries, apples, oranges, figs, dates. Ask for a side of frothed milk rather than whipped cream, decaf cappuccino, sorbets