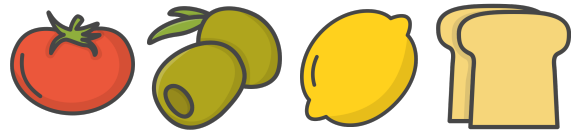


The Mediterranean Diet



YES & NO FOOD LIST

What is the Mediterranean Diet?

The Mediterranean diet is a way of eating that follows the traditional way of eating in Mediterranean countries. This way of eating focuses on fresh vegetables and fruits, whole grains, legumes, and extra virgin oil. When animal protein is consumed, the focus should be on omega-3 rich fish and seafood. When designing your plate, make 1/2 of it vegetables and fruits, 1/4 whole grains or starchy root vegetables, and the other 1/4 a high quality protein (legumes, fish, eggs, or poultry).



Key Aspects of the Mediterranean Diet:

- Based on whole foods
- Eliminates processed foods
- High intake of fresh fruits, vegetables, whole grains, and legumes daily
- High in fiber and antioxidants
- High intake of extra virgin olive oil daily
- Small amounts of unprocessed cheeses and plain yogurt daily
- Red wine in moderation (no more than 5 ounces per day for women and 10 ounces per day for men)
- Focus on fish and seafood high in omega-3 fatty acids
- Poultry and eggs daily or weekly
- Lower in red meats (consume smaller portions of red meats when consumed)
- Low in sweets (choose desserts made from whole foods and natural sweeteners, or fruit and dates)



Mediterranean Diet Plan Based on a 2000 Calorie Diet:



Food Groups	Servings Per Day	Serving Size
Whole Grains and Grain Products	4 to 6	1/2 cup cooked grain, 1 slice bread
Vegetables	3 to 5	1/2 cup fresh or cooked
Dark Leafy Greens	1 to 2	1/2 cup fresh or cooked
Fruits	2 to 3	1/2 cup fresh or 1 whole piece
Legumes	1 to 2	1/2 cup cooked
Nuts & Seeds	1	1/4 cup whole or 2 Tbls nut butter
Olive Oil	4 or more	1 tablespoon
Fish, Seafood, & Poultry	2 to 3 per week	3 to 4 ounces
Dairy Products	1 to 2	1 ounce cheese, 1/2 cup yogurt
Red Meat	1 to 2 per week	3 ounces
Whole Food Desserts	Less than 5 per week	



YES & NO FOOD LIST

EAT OFTEN

Vegetables:

Amaranth Greens
Artichoke
Arugula
Bell Peppers
Borage Flowers
Asparagus
Avocado
Bamboo Shoots
Beets
Beet Greens
Bitter Melon (Gourd)
Bok Choy
Broccoli
Broccoli Rabe
Brussels Sprouts
Burdock Root
Button Mushroom
Cabbage
Calendula Flowers
Camas
Capers
Carrots
Carrot Greens
Cauliflower
Celeriac (Celery Root)
Celery
Chanterelle Mushrooms
Chickweed
Chili Peppers
Collard Greens
Cress
Crimini Mushrooms
Cucumber
Daikon
Dandelion
Endive
Enokitake Mushrooms
Eggplant
Fennel Bulb
Fiddlehead Fern
Frozen Corn
Frozen Peas
Garlic
Green Beans
Jerusalem Artichoke
Jicama

Kale
Kohlrabi
Leek
Lettuce
Lion's Mane Mushrooms
Maitake Mushrooms
Mizuna
Morel Mushrooms
Mushrooms
Mustard Greens
Napa Cabbage
Nasturtium Flowers
Okra
Olives
Onion
Oyster Mushroom
Pansies
Parsnip
Pea Shoots
Pearl Onions
Portobello Mushrooms
Potatoes
Pumpkin
Purslane
Radicchio
Radish
Radish Sprouts
Ramp
Rhubarb
Rutabaga
Sauerkraut
Scallions
Shallot
Shiitake Mushrooms
Sorrel
Spinach
Spring Onion
Squash
Squash Blossoms
Summer Squash
Sunflower Sprouts
Sweet Potato
Swiss chard
Taro
Tatsoi
Tomatoes
Tomatillos

Tree Ear Fungus
Truffles
Turnips
Water Chestnut
Watercress
Wild Leek
Winter Squash
Yam
Yuca Root (Cassava)
Zucchini

Fruits:

Açaí
Acerola
Apple
Apricot
Banana
Blackberry
Black Currants
Blood Orange
Blueberry
Buddha's Hand
Cantaloupe
Starfruit (Carambola)
Cherimoya
Cherries
Chokeberry
Chokecherry
Clementines
Coconut Meat
Crabapple
Cranberry
Dates
Dragonfruit
Durian
Elderberry
Figs
Goji Berries
Gooseberries
Golden Berries
Grapefruit
Grapes
Guava
Hawthorne Berry
Honeydew Melon
Huckleberry

Jackfruit
Key Limes
Kiwi
Kumquat
Lemon
Lime
Lingonberry
Loganberry
Lychee
Mandarin
Mango
Mangosteen
Melons
Meyer Lemon
Orange
Mulberry
Muskmelon
Nectarine
Papaya
Passionfruit
Peach
Pear
Persimmon
Pineapple
Plantain
Plum
Pomegranate
Pomelo
Quince
Raspberry
Red Currants
Salmonberries
Strawberries
Tamarillo
Tamarind
Tangelo
Tangerine
Thimbleberries
Watermelon
Wineberries

Fats:

Extra Virgin Olive Oil



YES & NO FOOD LIST

EAT OFTEN

Whole Grains:

Amaranth
Barley
Brown Rice
Black Rice
Buckwheat
Bulgur
Cornmeal
Corn Grits
Corn Tortillas
Durum Wheat
Einkorn Wheat
Hominy
Job's Tears
Kamut
Millet
Oats
Polenta
Quinoa
Rye
Rye Bread
Sorghum
Spelt
Teff
Triticale
Wheat
Wheat Bread
Wild Rice

Legumes:

Adzuki Beans
Black Beans
Black-Eyed-Peas
Broad Beans
Butter Beans
Calico Beans
Cannellini Beans
Chickpeas
Fava Beans
Garbanzo Beans
Edamame
Italian Beans
Kidney Beans
Lima Beans
Lentils
Mung Beans
Navy Beans

Peas
Pink Beans
Pinto Beans
Soybeans

Soy Foods:

Edamame
Soy Milk
Tofu
Tempeh

Fish & Seafood:

(wild, not farmed)

Anchovy
Anchovy Paste
Arctic Char
Bass
Black Cod
Caviar
Clams
Cod
Crawfish
Haddock
Halibut
Herring
Lobster
Mackerel
Mahi Mahi
Mussels
Octopus
Oyster
Roe
Salmon (Wild)
Sardines
Scallops
Shrimp
Squid
Tuna
Trout
Walleye
Whelk

Nuts:

Almonds
Almond Butter
Brazil nuts
Cashews

Cashew Butter
Chesnuts
Hazelnuts
Hazelnut Butter
Macadamia Nuts
Peanuts
Peanut Butter
Pistachios
Walnuts

Seeds:

Chia Seeds
Flax Seeds
Hemp Seeds
Pine Nuts
Pumpkin Seeds
Pumpkin Seed Butter
Sesame Seeds
Sesame Butter (Tahini)
Sunflower Seeds
Sunflower Seed Butter
Poppy Seeds

Herbs:

Basil
Bay Leaves
Chamomile
Chervil
Chicory
Chives
Cilantro
Curry Leaves
Dill Weed
Fenugreek Leaves
Hibiscus
Holy Basil (Tulsi)
Horseradish
Kaffir Lime Leaves
Lavender
Lemon Balm
Lemongrass
Marjoram
Moringa
Oregano
Parsley
Peppermint
Rose Hips

Red Clover
Rosemary
Rose Petals
Saffron
Sage
Savory
Spearmint
Tarragon
Thai Basil
Thyme

Spices:

Allspice
Anise Seeds
Annatto
Asafetida
Black Cumin Seeds
Black Pepper
Caraway Seeds
Cardamom
Cayenne Pepper
Celery Seed
Red Chili Flakes
Chili Powder
Chipotle Chili Powder
Cinnamon
Cloves
Cumin Powder
Curry Powder
Dill Seeds
Fennel Seeds
Fenugreek Seeds
Galangal
Ginger
Juniper Berries
Mace
Mustard Powder
Mustard Seeds
Nutmeg
Paprika
Smoked Paprika
Star Anise
Turmeric



YES & NO FOOD LIST

EAT MODERATELY

Poultry:

(pasture-raised, wild, organic)

Chicken
Cornish Game Hen
Duck
Goose
Quail
Pheasant
Turkey

Eggs:

Chicken Eggs
Duck Eggs
Turkey Eggs
Egg Whites

Dairy:

Butter and Ghee
Buttermilk
Cheese (All Types)
Cottage Cheese
Cream Cheese
Kefir
Fresh Milk
Heavy Cream
Sour Cream
Yogurt
Whey
Goat Milk and products

Flours:

Almond Flour
Arrowroot Powder
Cassava Flour
Coconut Flour
Chestnut Flour
Green Banana Flour
Hazelnut Flour
Mesquite Flour
Plantain Flour
Sweet Potato Flour
Tapioca Flour
Tigernut Flour
Water Chestnut Flour
Amaranth Flour
Barley Flour

Brown Rice Flour
White Rice Flour
Sweet Rice Flour
Buckwheat Flour
Cornmeal
Corn Flour
Einkorn Flour
Kamut Flour
Masa Flour
Millet Flour
Oat Flour
Quinoa Flour
Rye Flour
Sorghum Flour
Spelt Flour
Teff Flour
Triticale Flour
Wheat Flour

Beverages:

Black Tea
Green Tea
Matcha Tea
Coffee
Almond Milk
Oat Milk
Light Coconut Milk
Coconut Water
Coconut Water Kefir
Kombucha*
Kvass*
Water Kefir
Herbal Teas
Hot Chocolate
Red Wine

Fats:

Avocado Oil
Coconut Oil
Grapeseed Oil
Flax Oil
Walnut Oil
Coconut Butter

Vinegars:

Apple Cider Vinegar
Balsamic Vinegar

Champagne Vinegar
Coconut Vinegar
Red Wine Vinegar
White Wine Vinegar
Brown Rice Vinegar
Rice Wine Vinegar
Mirin

Sea Vegetables:

Arame
Dulse
Hijiki
Kombu
Nori
Wakame

Other Ingredients:

Agar Agar Flakes
Baking Soda
Baking Powder
Baker's Yeast
Cacao Powder
Carob Powder
Cream of Tarter
Dark Chocolate
Nutritional Yeast
Shredded Coconut
Collagen Powder
Gelatin Powder
Kudzu
Tapioca Pearls
Vanilla Extract
Almond Extract
Peppermint Extract
Lemon Extract
Vanilla Bean
Vanilla Powder



YES & NO FOOD LIST

EAT LESS OFTEN

Meats:

(grass-fed, pasture-raised, wild)

Antelope
Bacon
Beef
Bison
Caribou
Elk
Goat
Lamb
Mutton
Pork
Rabbit
Venison
Sausages

Sweeteners:

Agave Nectar
Barley Malt Syrup
Brown Rice Syrup
Coconut Nectar
Coconut Sugar
Dates
Date Sugar
Demerara Sugar
Malt Syrup
Maple Syrup
Maple Sugar
Molasses
Monk Fruit Sweetener
Pomegranate Molasses
Rapadura
Raw Honey
Sorghum Syrup
Sucanat
Turbinado Sugar
Yacon Syrup

Salt & Seasonings:

Sea Salt
Pink Himalayan Salt
Kosher Salt
Herbamare
Coconut Aminos
Soy Sauce
Tamari
Fish Sauce (Red Boat)
Bonita Flakes
Umeboshi Plum Paste
Wasabi

Fats:

Organic Palm Shortening
Red Palm Oil

AVOID

Fish & Seafood:

Farmed Salmon
Atlantic Salmon
Swordfish

Fats:

Safflower Oil
Sunflower Oil
Soybean Oil
Canola Oil
Corn Oil
Cottonseed Oil
Palm Kernel Oil
Peanut Oil
Vegetable Oil
Hydrogenated Oils
Margarine

Sweeteners:

(Use nutrient-dense natural sweeteners instead of these)

Aspartame
Beet Sugar
Brown Sugar
Cane Juice
Cane Sugar
Corn Syrup
Crystalline Fructose
Fructose
Glucose Syrup
Golden Syrup
Pancake Syrup
Saccharin
Sugar
Simple Syrup
Sucralose

Other Ingredients:

Acesulfame Potassium
Artificial Flavors
Artificial Food Colors
Autolyzed Protein
Nitrates or Nitrites
MSG
Yeast Extract



