

Mediterranean Diet

Food Type	Frequency	Details
Extra-virgin olive oil	4tbsp/60mls per day.	Extra-virgin olive oil has greater health benefits than other oils.
Vegetables	Two or more servings Daily	Vary the type of vegetables throughout the week. Eat the rainbow!
Cereals	Daily	Oats, couscous, bulgur wheat, and barley. Eat unrefined or unprocessed bread, pasta and rice..
Fruit	Daily	Citrus fruit, apples and pears, stone fruits, berries, pomegranates. Dried fruit in small portions. Limit fruit juice.
Nuts and Olives	A few times per week	A handful is one portion. Must be unsalted. Wash olives to remove excess salt.
Legumes	Three or more servings per week.	Beans, lentils, chickpeas, peas. Remember complementary protein pairs (e.g., beans and rice).
Fish and Shellfish	Three or more servings per week.	Oily fish twice per week.
Dairy Products and Eggs	A few times per week.	Goat's cheese preferred. Free-range or organic eggs.
Meat and Meat Products	A few times per week. As little red meat as possible.	Chicken and turkey preferred. Remove skin from poultry. Aim for low fat cuts of red meat and remove all visible fat.