

Mediterranean Diet



"Mediterranean diet" is a generic term based on the traditional eating habits in the countries bordering the Mediterranean Sea. There's not one standard Mediterranean diet.



Health benefits include lower risk of cardiovascular disease, hypertension, diabetes and certain types of cancers. It may also help promote a healthy gut biome and slow cognitive decline as you age.

Recommended Eating Pattern



Why You Might Consider It

- There are no "rules."
- Includes a wide variety of foods.
- Focuses on what to eat, instead of what not to eat.
- Can be budget-friendly.
- Does not require extensive prep or cooking skills.

Easy Ways to Get Started

- Swap out refined grains for whole grains.
- Use avocado or hummus instead of mayo.
- Have a meatless meal once a week.
- Snack on nuts instead of chips.
- Swap out butter for olive oil.
- Replace salt with herbs and spices.

Mediterranean Grocery List

GRAINS

Choose mostly whole grain choices. These contain the word "whole" as the first ingredient. Ex: "whole wheat."

- Pasta _____
- Bread _____
- Rice _____
- Polenta _____
- Cereals _____
- Oatmeal _____
- Crackers _____
- Couscous _____
- Bulgar _____
- Pita _____
- Barley _____

SEAFOOD

Salmon and other oily fish contain healthy Omega-3s.

- Salmon _____
- Shrimp _____
- Cod _____
- Scallops _____
- Clams _____
- Tilapia _____
- Tuna _____
- Crab _____

HEALTHY OILS/FATS

Store oils in a cool, dark place to make them last longer.

- Olive (Extra-Virgin) _____
- Avocado _____
- Canola _____
- Grape seed _____

HERBS AND SPICES

Fresh herbs and spices add flavor without adding fat or salt.

- Garlic _____
- Basil _____
- Cilantro _____
- Parsley _____
- Mint _____
- Cumin _____
- Coriander _____
- Oregano _____

BEANS

Beans add fiber and protein to meal. Eat them in place of red meat at least once a week.

- Chickpeas (Garbanzo) _____
- Hummus _____
- White (Cannellini) _____
- Black _____
- Pinto _____
- Lentil _____

DAIRY/EGGS

- Low-fat milk _____
- Yogurt _____
- Cheese _____
- Eggs _____

NUTS AND SEEDS

Both are a source of protein, fiber, and healthy fats.

Stick to a handful a day because they are high in calories.

- Walnuts _____
- Almonds _____
- Peanuts _____
- Pine nuts _____
- Cashews _____
- Sunflower seeds _____
- Flax _____

FRUITS

Fresh fruits are important for weight control and good health. Frozen fruit and canned varieties without added sugars are also good choices.

- Apples _____
- Bananas _____
- Grapes _____
- Oranges _____
- Cherries _____
- Blueberries _____
- Kiwis _____
- Strawberries _____
- Pomegranate _____
- Plums _____
- Peaches _____
- Avocados _____

VEGETABLES

Fresh veggies are important for weight control and good health.

Frozen and low-sodium canned veggies are also good choices.

- Tomatoes (fresh, canned, and sauce) _____
- Broccoli _____
- Spinach _____
- Carrots _____
- Red / Green Peppers _____
- Mushrooms _____
- Green beans _____
- Eggplant _____
- Zucchini _____
- Squash _____
- Olives _____
- Onions _____
- Peas _____

MISCELLANEOUS

Include other pantry essentials and home goods, like cleaning supplies, so you don't forget!

- _____ _____
- _____ _____
- _____ _____
- _____ _____
- _____ _____
- _____ _____
- _____ _____
- _____ _____
- _____ _____
- _____ _____
- _____ _____
- _____ _____
- _____ _____
- _____ _____
- _____ _____

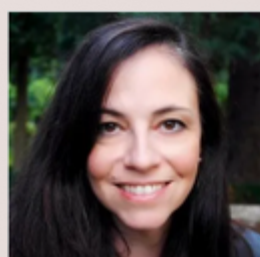
Recipe Resources



Mediterranean Diet Center
Learn about the Mediterranean diet with articles, meal plans and recipes from EatingWell's food and nutrition experts.
EatingWell



Mediterranean Recipes & Lifestyle
Browse the Internet's #1 source for Mediterranean recipes, resources and lifestyle information. Eat wi...
The Mediterranean Dish / Jul 12, 2023



Olive Tomato
Authentic Mediterranean Diet Recipes and Lifestyle

Olive Tomato