

Mediterranean Diet

Made Simple

The Mediterranean diet is a heart-healthy eating plan inspired by the traditional foods of countries bordering the Mediterranean Sea. It's rich in fresh, whole foods and emphasizes balanced, flavorful meals.

Foods to Enjoy

Daily Staples

- Vegetables: Tomatoes, spinach, broccoli, bell peppers, cucumbers, etc.
- Fruits: Oranges, apples, grapes, berries, bananas, etc.
- Whole Grains: Oats, quinoa, barley, brown rice, whole-grain bread
- Healthy Fats: Olive oil (your go-to cooking oil), nuts, seeds, and avocados
- Herbs & Spices: Basil, oregano, rosemary, garlic, and cinnamon

Weekly Additions

- Fish & Seafood (2-3 times per week): Salmon, tuna, mackerel, shrimp, and mussels
- Poultry & Eggs: Chicken, turkey, and eggs for protein variety
- Dairy: Small amounts of cheese and plain yogurt
- Red Meat: Limit to a few times a month (choose lean cuts)

Foods to Limit

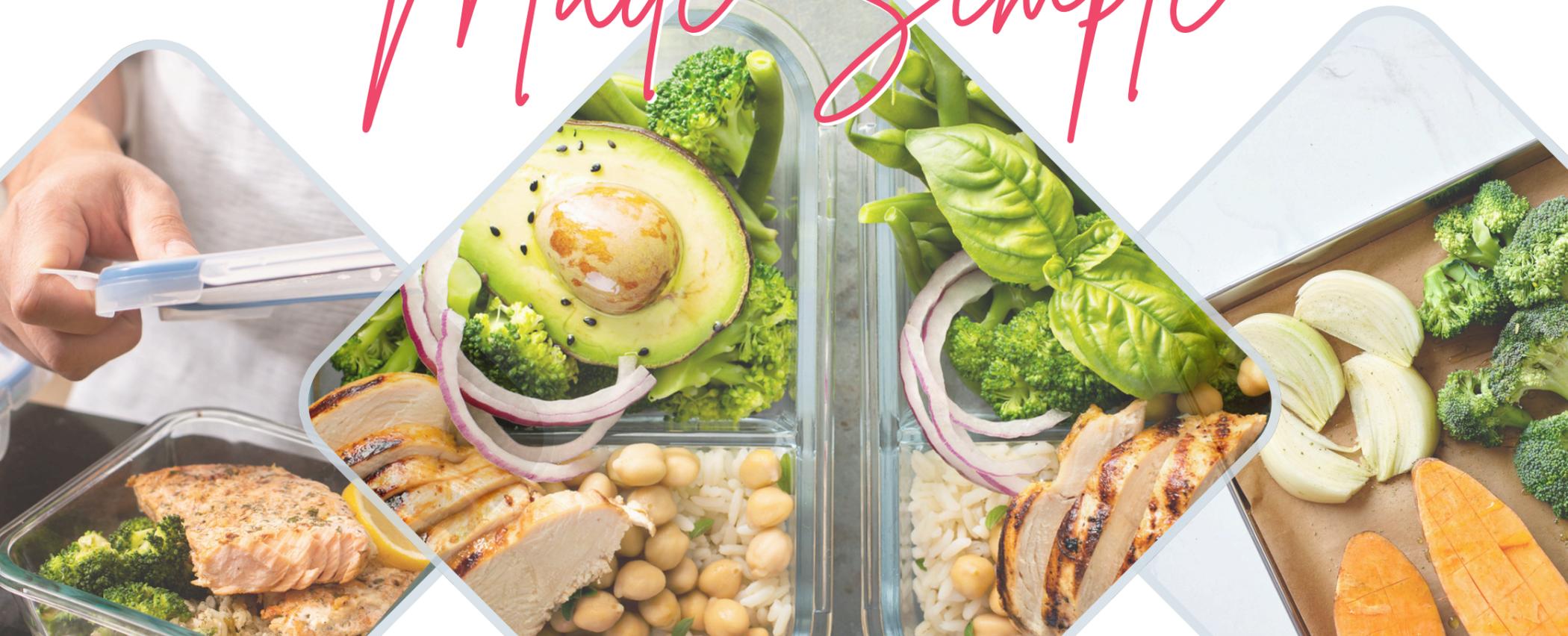
- Sugary drinks like soda and sweetened teas
- Highly processed snacks (chips, cookies, etc.)
- Refined grains (white bread, pasta, and rice)
- Excess salt and unhealthy fats like margarine and vegetable oils

Getting Started

- Switch Your Oils: Replace butter and vegetable oils with extra virgin olive oil.
- Go Whole Grain: Swap white bread and pasta for whole-grain options.
- Add Veggies to Every Meal: Aim to fill half your plate with vegetables.
- Choose Fish Over Meat: Include fish or seafood in your meals twice a week.
- Snack Smart: Enjoy a handful of nuts, fresh fruit, or yogurt.
- Enjoy the Process: Meals are meant to be savored—eat slowly and enjoy the flavors.

Mediterranean Diet

Made Simple



The Mediterranean diet is a heart-healthy eating plan inspired by the traditional foods of countries bordering the Mediterranean Sea. It's rich in fresh, whole foods and emphasizes balanced, flavorful meals.

Foods to Enjoy

- Vegetables
- Fruits
- Whole Grains
- Healthy Fats
- Herbs & Spices
- Fish & Seafood
- Poultry & Eggs
- Dairy
- Red Meat

Foods to Limit

- Sugary drinks
- Highly processed snacks
- Refined grains
- Excess salt and unhealthy fats

Getting Started

- **Switch Your Oils:** Replace butter and vegetable oils with extra virgin olive oil.
- **Go Whole Grain:** Swap white bread and pasta for whole-grain options.
- **Add Veggies to Every Meal:** Aim to fill half your plate with vegetables.
- **Choose Fish Over Meat:** Include fish or seafood in your meals twice a week.
- **Snack Smart:** Enjoy a handful of nuts, fresh fruit, or yogurt.
- **Enjoy the Process:** Meals are meant to be savored—eat slowly and enjoy the flavors.