Mediterranean Diet

**The Mediterranean diet emphasizes:**

* Eating primarily **plant-based foods**, such as **fruits** and **vegetables, whole grains, legumes and nuts**
* Replacing butter with **healthy fats** such as olive oil and canola oil
* Using herbs and spices instead of salt to flavor foods
* **Limiting red meat** to no more than a few times a month
* **Eating fish and poultry at least twice a week**
* Enjoying meals with family and friends
* Drinking red wine in moderation (optional)
* **Getting plenty of exercise**

**For More information and support visit:** [**https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801**](https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801)

**Staple Food Products:**

**1. Whole wheat bread, couscous, pasta, chickpeas, potatoes   
2. Peanut Butter  
3. Oatmeal  
4. Fresh Fruit  
5. Onions, Garlic, Bell Peppers, Hazelnut, Eggplants  
7. Olive Oil   
8. Legumes, Nuts and seeds**

**Foods to eat in moderation: Poultry, Eggs, Cheese, Yogurt**

**Foods to avoid:   
1. Sugar-sweetened beverages  
2. Added sugars  
3. Processed Meat  
4. Refined Grains (like white flour)  
5. Refined Oils  
6. Other Highly Processed Foods**

