**WHAT FOODS ARE INCLUDED IN THE MEDITERRANEAN DIET?**

The Mediterranean diet is modeled after diets common in Italy, Spain and Greece. It emphasizes eating lots of vegetables, fruits, nuts, legumes, seeds, whole grains and fish. It entails moderate amount of dairy, and very little red meat. Despite it’s name, it’s more of a lifestyle than a rigid set of dietary rules! It’s a plant-based diet, having strong social networks, eating together with family, decreasing stress, and staying physically active. The Mediterranean diet relies heavily on plants, which are loaded with phytonutrients, fiber and antioxidants. **It’s also naturally high in heart-healthy omega-3 fats, which help improve the body’s inflammatory response and benefit brain health.** Check out the list below!

**VEGETABLES**

**BEANS & LEGUMES**

Black-eyed peas  
Cannellini beans  
Garbanzo beans (chickpeas)  
Kidney beans  
Lentils  
Lima beans

**FRUITS**

Apples  
Apricots  
Avocado  
Berries  
Citrus fruits  
Dates  
Figs  
Grapes  
Peaches  
Pomegranates

Artichoke  
Arugula  
Asparagus  
Beets and beet greens  
Bell peppers  
Broccoli  
Cabbage  
Carrots  
Celery  
Collard greens  
Cucumber  
Eggplant  
Garlic  
Kale  
Leeks  
Lemon  
Mushrooms  
Mustard greens  
Olives  
Onions  
Radishes  
scallions  
Spinach  
Tomatoes (canned and fresh)  
Zucchini and squash

**FISH/SEAFOOD**

Canned fish (sustainable tuna, salmon, anchovies, clams, sardines)  
Fresh clams, Fresh tuna  
Mackerel, Mussels  
Shrimp, Wild-caught salmon

**NUTS/SEEDS**

Almonds  
Flaxseed (ground)  
Pine nuts  
Pistachios  
Pumpkin seeds  
Sesame seeds  
Sunflower seeds  
Walnuts

**DAIRY**

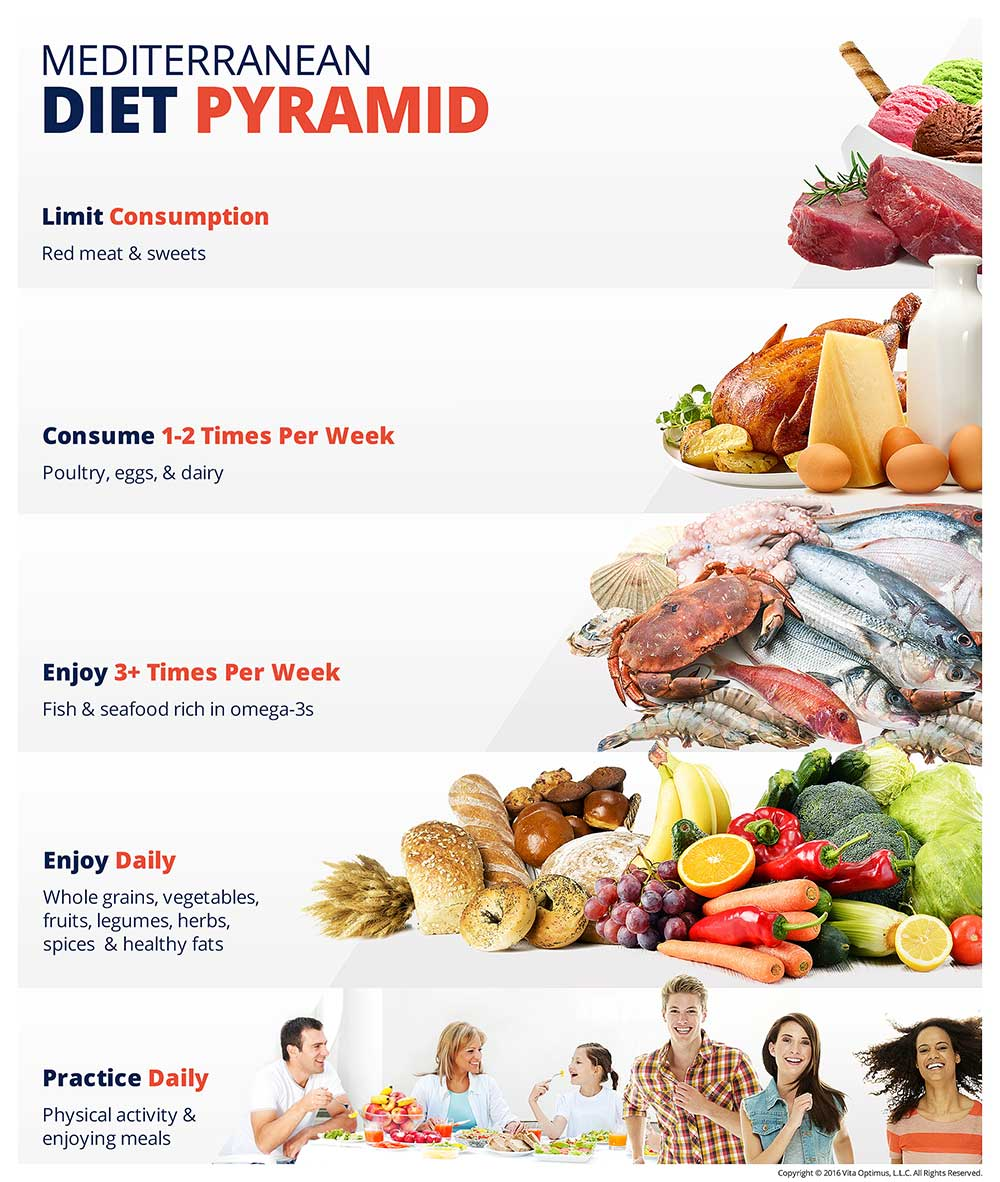
Feta cheese  
Plain Greek yogurt  
Manchego cheese  
Mozzarella cheese  
Parmigiano-Reggiano  
Pecorino Romano  
Ricotta cheese

**OILS, SPICES & CONDIMENTS**

Anchovy paste  
Bay leaves  
Capers  
Dried basil  
Dried oregano  
Dried parsley  
Dried thyme  
Extra virgin olive oil  
*Fresh herbs:*  
 basil, oregano, dill,   
 thyme, parsley, mint   
 rosemary, cilantro

**GRAINS**

Barley   
Bulgur  
Whole-grain couscous  
Farro  
Whole-grain pasta  
Polenta  
Quinoa

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