

The Mediterranean Diet



Mediterranean Diet Pyramid

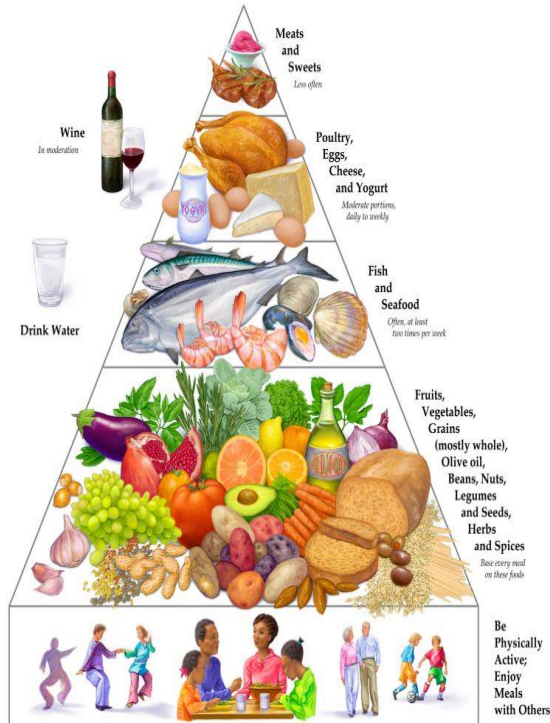


Illustration by George Middleton
© 2009 Oldways Preservation and Exchange Trust www.oldwayspt.org



Vegetables & Tubers	Artichokes, Arugula, Beets, Broccoli, Brussels Spouts, Cabbage, Carrots, Celery, Celeriac, Chicory, Collard Cucumber, Dandelion Greens, Eggplant, Fennel, Kale, Leeks, Lemons, Lettuce, Mache, Mushrooms, Mustard Greens, Nettles, Okra, Onions, (red, sweet, white) Peas, Peppers, Potatoes, Pumpkin, Purslane, Radishes, Rutabega, Scallions, Shallots, Spinach, Sweet Potatoes, Turnips, Zucchini
Fruits	Avocados, Apples, Apricots, Cherries, Clementines, Dates, Figs, Grapefruit, Grapes, Oranges, Melons, Nectarines, Olives, Peaches, Pears, Potatoes, Pomegranates, Strawberries, Tangerines, Tomatoes
Grains	Breads, Barley, Buckwheat, Bulgur, Couscous, Durum, Farro, Millet, Oats, Polenta, Rice, Wheatberries
Fish & Seafood	Abalone, Cockles, Clams, Crab, Eel, Flounder; Lobster; Mackerel, Mussels, Octopus, Oysters, Salmon, Sardines, Sea Bass, Shrimp, Squid, Tilapia, Tuna, Whelk, Yellowtail,
Poultry, Eggs, Cheese, & Yogurt	Chicken, Duck, Guinea Fowl Eggs (Chicken, Quail, and Duck) Cheeses (Examples Include: Brie, Chevre, Corvo, Feta, Haloumi, Manchego, Parmigiano-Reggiano, Pecorino, Ricotta) Yogurt, Greek Yogurt
Nuts, Seeds, & Legumes	Almonds, Beans (Cannellini, Chickpeas, Fava, Kidney, Green), Cashews, Hazelnuts, Lentils, Pine Nuts, Pistachios, Sesame Seeds (Tahini), Split Peas, Walnuts
Herbs & Spices	Anise, Basil, Bay Leaf, Chiles, Clove, Cumin, Fennel, Garlic, Lavender, Marjoram, Mint, Oregano, Parsley, Pepper, Pul Biber, Rosemary, Sage, Savory, Sumac, Tarragon, Thyme, Zatar
Meats & Sweets	Pork, Beef, Lamb, Mutton, Goat Sweets (Examples include: Baklava, Biscotti, Creme Caramel, Chocolate, Gelato, Fruit Tarts, Kunefe, Lokum, Mousse Au Chocolat, Sorbet, Tiramisu)
Water & Wine	Drink Plenty Of Water Wine In Moderation

© 2009 Oldways Preservation & Exchange Trust
www.oldwayspt.org

Tips:

- Eat less red meat, more fish
- Buy organic, local produce
- eat more fruit and vegetables and less sweets
- herbs and spices (for health and taste)
- add extra virgin olive oil everyday