

The Mediterranean Diet Guide

<u>Food</u>	<u>How Much?</u>	<u>Ways to use</u>
Fresh Vegetables	2 cups per day	Can you incorporate vegetables into breakfast?
Fresh Fruits	1-1.5 cups per day	Add a whole piece of fruit as a side to any meal or have fruit as a sweet snack.
Legumes	2 cups per week	Did you know that peanuts are a legume? Make a large batch of beans or lentils at the beginning of the week and reuse for other meals.
Nuts	¼ cup per day	Use nuts as a savory snack or to top yogurt, vegetable dishes or eat with fruit.
Whole Grains	3 to 6 servings per day (1 serving = 1/2 cup cooked; 1 slice of bread; or 1 ounce of dry cereal)	A corn tortilla counts as a whole grain! Pop your own popcorn as a healthy whole grain snack!
Fish	2-3 servings per week (1 serving is 4 ounces)	Try starting to slowly incorporate more seafood- Fish tacos? A Seafood pasta dish? Canned tuna can also be a good option!
Oils/ Fats	1-4 tablespoons of Extra Virgin Olive Oil per day	Choose plant based oils/fats over animal based fats
Dairy	Less than one cup per day	Try eating fermented dairy products rather than drinking straight milk
Red Meat	Limit. No more than one serving per week (3-4 ounces)	Buy high quality red meat, ie grass fed.
Poultry	1 serving per day (3-4 ounces)	Increase the vegetables, fruit and whole grains on your plate and decrease the meat.

Always discuss any dietary changes with your doctor before making them to ensure that they are right for your body.