

Mediterranean Diet

What is a Mediterranean diet?

The Mediterranean diet blends the basics of healthy eating with the traditional flavors and cooking methods of the Mediterranean. It is based on high levels of vegetables, fruits, whole grains, and healthy fats such as olive oil; moderate amounts of fish, poultry, beans, eggs, and dairy; limited amounts of red meat and sweets.

Why order a Mediterranean diet?

The Mediterranean diet has linked to many benefits, including:

- Lower risk of heart disease and stroke.
- Maintaining a healthy body weight.
- Healthy blood sugar, blood pressure and cholesterol.
- Supporting a healthy balance bacteria and other microorganisms in your digestive system.

What can I eat on the Mediterranean diet?

| Foods to Eat | Foods to Avoid |
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| <ul style="list-style-type: none"> • Vegetables: tomatoes, broccoli, kale, spinach, onions, cauliflower, carrots, Brussels sprouts, cucumbers, potatoes, sweet potatoes, turnips • Fruits: apples, bananas, oranges, pears, strawberries, grapes, dates, melons, peaches • Nuts, seeds, and nut butters: almonds, walnuts, hazelnuts, cashews, sunflower seeds, pumpkin seeds, almond butter, peanut butter • Legumes: beans, lentils, peanuts, chickpeas • Whole grains: oats, brown rice, rye, barley, corn, buckwheat, whole wheat bread and pasta • Fish and seafood: salmon, sardines, trout, tuna, mackerel, shrimp, oysters, clams, crab, mussels • Poultry: chicken, duck, turkey • Eggs: chicken, quail, duck eggs • Dairy: cheese, yogurt, milk • Herbs and spices: garlic, basil, mint, rosemary, sage, nutmeg, cinnamon, pepper • Healthy fats: extra virgin olive oil, olives, avocados, avocado oil | <ul style="list-style-type: none"> • Added sugar: found in many foods but especially high in soda, candies, ice cream, table sugar, syrup, baked goods • Refined grains: white bread, pasta, tortillas, chips, crackers • Trans fats: found in margarine, fried foods, other processed foods • Refined oils: soybean oil, canola oil, cottonseed oil, grapeseed oil • Processed meat: processed sausages, hot dogs, deli meats, beef jerky • Highly processed foods: fast food, convenience meals, microwave popcorn, granola bars |