

The Mediterranean Diet



Drink water regularly, around 8 glasses per day.

Include meat and sweets less often, 2-3 times a month.



Include poultry, eggs, cheese and yogurt moderately, daily to weekly.



Include fish and seafood at least two times per week.



Base your meals around fruits, vegetables, whole grains, beans, legumes, nuts, seeds and olive oil.



Enjoy regular physical activity and eat meals with friends and family.



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Try including some of the following goals of the Mediterranean Diet to your eating routine. Even making small changes can have a big impact!

- Include whole grains every day
- Include vegetables at most meals and snacks
- Choose a variety of colors and types of vegetables
- Include a variety of fruits at meals and snacks
- Eat nuts and seeds daily
- Eat plant based proteins like beans, peas, and lentils 2 or more times a week
- Aim for 8-10 glasses of fluid every day from mostly water
- Use olive oil as your main source of fat when cooking or baking
- Include fermented dairy products such as kefir and yogurt
- Include a variety of fish (canned, fresh, or frozen), such as salmon, sardines or tuna
- Limit red meat (such as beef, pork, or lamb) to 2 or fewer servings per week
- Include other seafood such as shrimp, mussels, clams, and scallops
- Choose lean meat (chicken, turkey), eggs, fish or seafood or plant proteins more often
- Enjoy sweets a couple times a week, or save them for special occasions
- Choose water as your drink of choice most often, rather than pop or juice

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