

Mediterranean Diet

THE SHOPPING LIST - with an emphasis on plant based food

Fruits & Vegetables: Select seasonal & local produce daily

Orange, Tangerine
Lemon, Lime
Apple
Pear
Cherries, Watermelon, Cantaloupe, Honeydew
Peach, Nectarine, Plum
Figs
Apricot
Berries
Grapes
Mango
Papaya
Banana
Pomegranate
Avocado
Tomato
Onion
Peppers

Eggplant
Asparagus
Brussels Sprouts
Cucumber
Green Beans, Long Beans
Okra
Zucchini
Squash
Peas
Mushroom
Broccoli, Cauliflower
Carrots
Celery
Beets
Spinach, Kale, Swiss Chard, Arugula
Cabbage, lettuce
Bittermelon
Bean / Mung bean sprouts
Chinese Cabbage
Potato, Sweet Potato, Pumpkin, Yam, Taro / Poi

Dairy & Egg: Traditionally are full fat. Daily (limit)

Milk
Strained (Greek) yogurt
Plain yogurt
Feta cheese
Ricotta cheese
Parmesan
Mozzerella cheese

Fish & Seafood: Mainly cold water fish, 2 servings a week

Sardines
Salmon
Cod
Halibut
Tilapia
Tuna
Shrimp
Clam, Scallop, Mussel
Crab
Octopus
Squid (calamari)

Meat & Poultry: Red meat 1-2/ month, Poultry 1-2/week

Chicken or Turkey (white or dark)
Lean red meat (beef, pork, lamb)
Egg

Grains & Breads: Daily

Whole Wheat Bread, Cereal,
Crackers
Wheat Pasta, Brown Rice
Bulgar
Couscous
Barley
Farro
Quinoa
Oatmeal

Nuts, Seeds, & Legumes: Daily

Almond
Walnut
Cashew
Pistachio
Pine nut
Sunflower seed
Sesame seed
Lentils
White, black, & kidney beans
Chickpea (Garbanzo beans)

Pantry: Daily

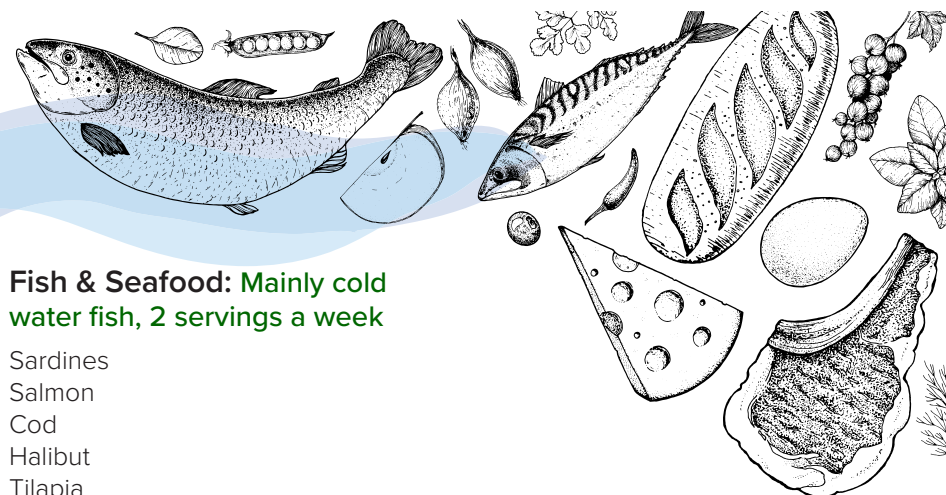
Canned tomatoes, tomato paste
Sundried tomatoes
Olives
Extra virgin olive oil, cold pressed
Avocado oil
Balsamic Vinegar
Herbs & Spices, fresh as available
Garlic
Tea
Red Wine
100% Red grape juice

NEUROSCIENCE
INSTITUTE



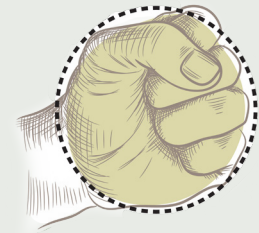
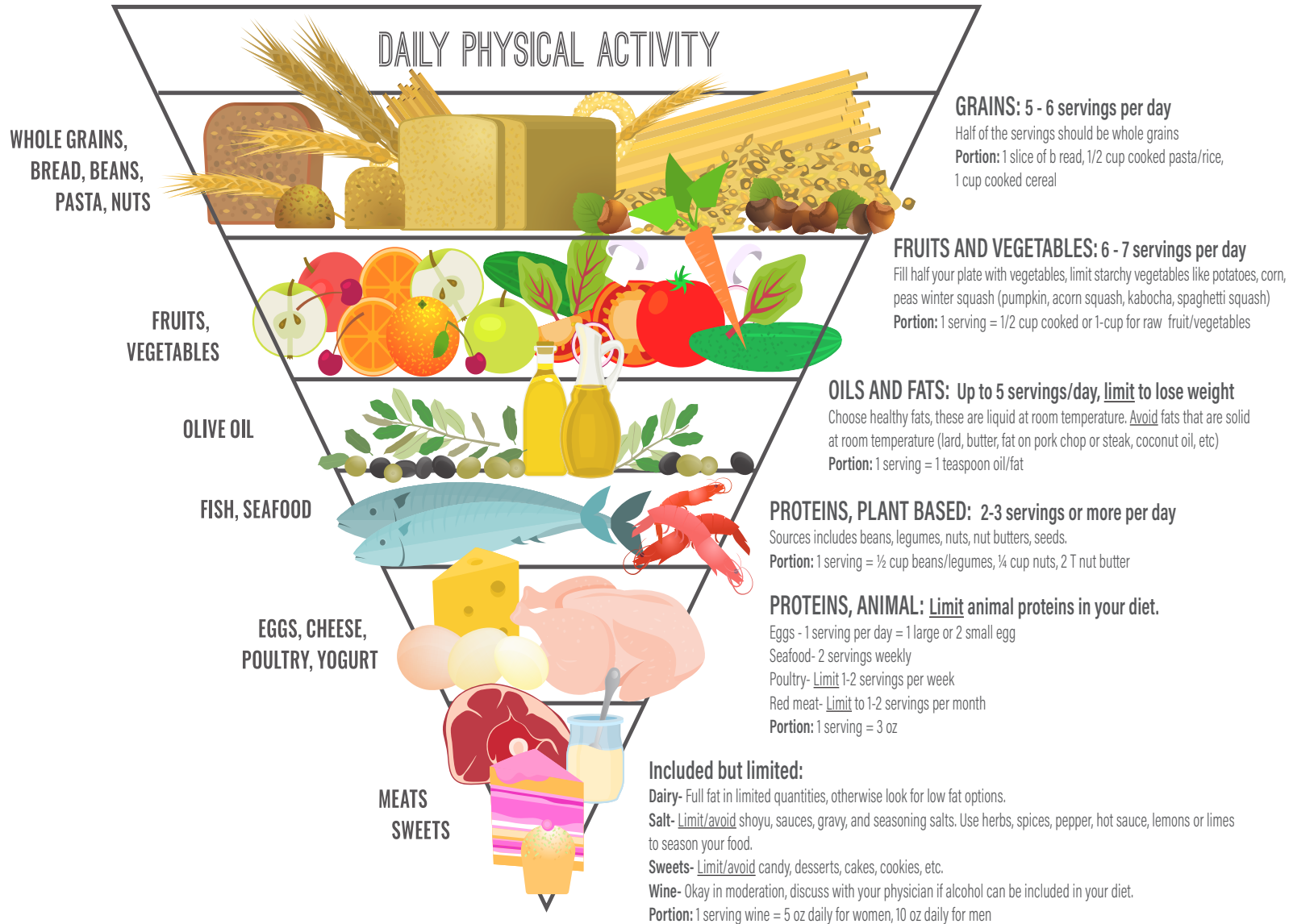
THE QUEEN'S
MEDICAL CENTER

www.queens.org/neuro



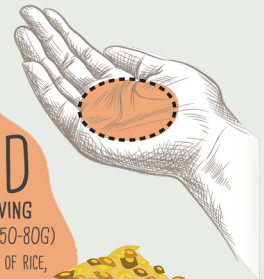
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SERVINGS • PORTIONS



FIST

CARBS SERVING
ABOUT 1 CUP (150-200G)
1 SERVING OF RAW VEGETABLES
OR 1 FRESH FRUIT



CUPPED HAND

SNACKS SERVING
ABOUT 1/2 CUP (50-80G)
PERFECT PORTION OF RICE,
OR DRIED FRUIT



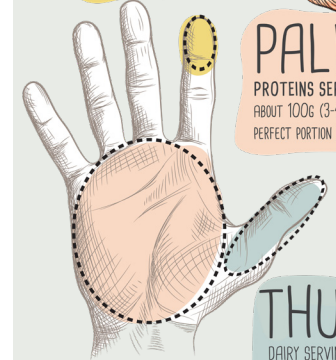
FINGERTIP

FATS SERVING ~1 TEASPOON
OILS, BUTTER OR MAYONNAISE



PALM

PROTEINS SERVING
ABOUT 100G (3-4oz)
PERFECT PORTION OF MEAT



THUMB

DAIRY SERVING
ABOUT 2 TABLESPOONS
SERVING SIZE OF CHEESE
OR PEANUT BUTTER

