## 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


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
Bulgur
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

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## Mediterranean Diet <br> SERVINGS•PORTIONS




## FIST $x_{0}$

CARBS SERVING
ABOUT 1 CUP (150-200G)
1 SERVING OF RAW VEGETABES S OR 1 FRESH FRUUT
FRUITS AND VEGETABLES: 6-7 servings per day Fill half your plate with vegetables, limit starchy vegetables like potatoes, corn, peas winter squash (pumpkin, acorn squash, kabocha, spaghetti squash) Portion: 1 serving = $1 / 2$ cup cooked or 1 -cup for raw fruit/vegetables

OILS AND FATS: Up to 5 servings/day, limit to lose weight Choose healthy fats, these are liquid at room temperature. Avoid fats that are solid at room temperature (lard, butter, fat on pork chop or steak, coconut oil, etc) Portion:1 1 serving $=1$ teaspoon oilfat

PROTEINS, PLANT BASED: $2-3$ servings or more per day
Sources includes beans, legumes, nuts, nut butters, seeds.
Portion: 1 serving $=1 / 2$ cup beans/legumes, $1 / 4$ cup nuts, 2 T nut butter
PROTEINS, ANIMAL.' Limit animal proteins in your diet.
Eggs -1 serving per day $=1$ large or 2 small egg
Seafood- 2 servings weekly
Poultry- Limit $1-2$ servings per week
ea- Limit to $1-2$ servings per montil
Portion:1 serving $=302$

Dairy- Full fat in limited quantities, otherwise look for low fat options.
Salt- Limit/avoid shoyu, sauces, gravy, and seasoning salts. Use herbs, spices, pepper, hot sauce, lemons or limes
season yourtood
Sweets- Limit/avoid candy, desserts, cakes, cookies, etc.

Portion: 1 serving wine $=5$ oz daily for women, 10 oz daily for men


