




Mediterranean Diet food list

			
Vegetables and tubers	Fruits	Grains	Nuts, seeds and legumes
<p>Acorn squash Artichokes Arugula Beets Bell peppers Broccoli Brussels sprouts Butternut squash Cabbage Carrots Celery Cucumber Eggplant Kale Lettuce Okra Potatoes (red, white, sweet) Radishes Zucchini</p>	<p>Avocados Apples Apricots Bananas Blueberries Cantaloupe Cherries Clementines Dates Figs Grapefruit Grapes Honeydew Olives Oranges Peaches and nectarines Pears Pomegranate Raspberries Strawberries Tomatoes Watermelon</p>	<p>Barley Brown rice Buckwheat Bulgur Couscous Durum Farro Quinoa Millet Oats Polenta Whole-grain bread Whole-grain pasta Wild rice</p>	<p>Almonds Brazil nuts Cannellini beans Chia seeds Chickpeas Fava beans Green beans Flaxseed Hazelnuts Hemp seeds Kidney beans Lentils Pine nuts Pistachios Sesame seeds Sunflower seeds Walnuts</p>



From colorful veggies to crunchy seeds, there's a wide range of nutritious foods to choose from when following a Mediterranean Diet.

Mediterranean Diet serving goals and sizes

A fridge and pantry full of nutritious foods are great for starters. But where do you go from there? How much of each food do you need? It's always best to talk to a dietitian to get advice tailored to your needs [as you get started](#). The chart below offers some general guidance on serving goals and serving sizes, according to the type of food.

Food	Serving Goal	Serving Size	Tips
Fresh fruits and vegetables.	Fruit: 3 servings per day; Veggies: At least 3 servings per day.	Fruit: ½ cup to 1 cup; Veggies: ½ cup cooked or 1 cup raw.	Have at least 1 serving of veggies at each meal; Choose fruit as a snack.
Whole grains and starchy vegetables (potatoes, peas and corn).	3 to 6 servings per day.	½ cup cooked grains, pasta or cereal; 1 slice of bread; 1 cup dry cereal.	Choose oats, barley, quinoa or brown rice; Bake or roast red skin potatoes or sweet potatoes; Choose whole grain bread, cereal, couscous and pasta; Limit or avoid refined carbohydrates.
Extra virgin olive oil (EVOO).	1 to 4 servings per day.	1 tablespoon.	Use instead of vegetable oil and animal fats (butter, sour cream, mayo); Drizzle on salads, cooked veggies or pasta; Use as dip for bread.
Legumes (beans and lentils).	3 servings per week.	½ cup.	Add to salads, soups and pasta dishes; Try hummus or bean dip with raw veggies; Opt for a veggie or bean burger.
Fish.	3 servings per week.	3 to 4 ounces.	Choose fish rich in omega-3s, like salmon, sardines, herring, tuna and mackerel.
Nuts.	At least 3 servings per week.	¼ cup nuts or 2 tablespoons nut butter.	Ideally, choose walnuts, almonds and hazelnuts; Add to cereal, salad and yogurt; Choose raw, unsalted and dry roasted varieties; Eat alone or with dried fruit as a snack.

Food	Serving Goal	Serving Size	Tips
Poultry.	No more than once daily (fewer may be better).	3 ounces.	Choose white meat instead of dark meat; Eat in place of red meat; Choose skinless poultry or remove the skin before cooking; Bake, broil or grill it.
Dairy.	No more than once daily (fewer may be better).	1 cup milk or yogurt; 1 ½ ounces natural cheese.	Choose naturally low-fat cheese; Choose fat-free or 1% milk, yogurt and cottage cheese; Avoid whole-fat milk, cream, and cream-based sauces and dressings.
Eggs.	Up to 1 yolk per day.	1 egg (yolk + white).	Limit egg yolks; No limit on egg whites; If you have high cholesterol, have no more than 4 yolks per week.
Red meat (beef, pork, veal and lamb).	None, or no more than 1 serving per week.	3 ounces.	Limit to lean cuts, such as tenderloin, sirloin and flank steak.
Wine (optional).	1 serving per day (females); 2 servings per day (males).	1 glass (3 ½ ounces).	If you don't drink, the American Heart Association cautions you not to start drinking; Talk to your healthcare provider about the benefits and risks of consuming alcohol in moderation.
Baked goods and desserts.	Avoid commercially prepared baked goods and desserts; Limit homemade goods to no more than 3 servings per week.	Varies by type.	Instead, choose fruit and nonfat yogurt; Bake using liquid oil instead of solid fats; whole grain flour instead of bleached or enriched flour; egg whites instead of whole eggs.

How do I create a Mediterranean Diet meal plan?

It's important to consult with a [primary care physician](#) (PCP) or dietitian before making drastic changes to your diet or trying any new eating plan. They'll make sure your intended plan is best for you based on your individual needs. They may also share meal plans and [recipes](#) for you to try at home.

In general, when thinking about meals, you'll want to collect some go-to options and recipes for breakfasts, lunches, dinners and snacks. The more variety, the better. You don't want to get stuck in a rut or feel like you're restricted in which foods you can or should eat. Luckily, there's plenty of room for changing things up with the Mediterranean Diet. Below are some examples of meals you might enjoy.

Breakfast

Get your day going strong with breakfasts like:

- Steel-cut oats with fresh berries and ground [flaxseed](#).
- Whole-grain toast with nut butter and a nutritious [smoothie](#).
- Greek yogurt topped with fruit and walnuts.
- Egg white omelet with fresh, seasonal veggies.

Lunch

For midday nutrition and a powerful energy boost, consider:

- A bulgur salad like [lemon and herb tabbouleh](#) or [charred broccoli tabbouleh](#).
- A [whole-grain pasta salad](#) with plenty of fresh veggies.
- [Roasted portobello sandwich](#) and a cup of [hearty veggie soup](#).
- [Toasted quinoa and salmon salad](#).

You may want to prepare some lunches the day before so they're ready to pack or grab from the fridge as needed.

Dinner

Wrap up the day with a hearty, nutrient-packed entree like:

- [Salmon with mango salsa](#).
- [Cod with lentils](#).
- Lean, [roasted chicken over cannellini beans](#).
- Savory chickpea and spinach "[pancakes for dinner](#)."
- [Black bean burger](#) on a whole-grain bun served with [roasted beets](#).
- A [heart-healthy pizza](#).

For some added nutrients and color, throw together a side salad — like a [sesame cucumber salad](#) or a [fennel, orange and mint salad](#). To keep things simple, try drizzling mixed greens with a nutritious [Mediterranean dressing](#).

Snacks

Portion and prepare snacks ahead of time so they're ready when you need them. Here are some ideas of what to keep at the ready:

- A handful of nuts and seeds (low salt or no salt added).
- Fresh fruit, ideally local and in-season.
- Nonfat Greek yogurt and a small piece of dark chocolate (at least 70% cacao).
- Whole-grain crackers with hummus.
- Raw veggies with a nonfat Greek yogurt dip.

What foods are not allowed on the Mediterranean Diet?

The Mediterranean Diet doesn't set hard and fast rules for what you're allowed or not allowed. Rather, it encourages you to eat more of certain foods and limit others. Here's what you should try to limit as much as possible:

- Any foods with added sugar, like bakery goods, ice cream and even some granola bars.
- Any drinks with added sugar, including fruit juices and sodas.
- Beer and liquor.
- Foods high in sodium or saturated fat.
- Refined carbohydrates, like white bread and white rice.
- Highly processed foods, like some cheeses.
- Fatty or processed meats.