

10 Basic Foods of the Mediterranean Diet

Following the Mediterranean Diet is easy if you have the right foods in your kitchen. Mix and match the following foods to prepare many delicious dishes. Add fresh vegetables and crispy, whole-grain bread, and serve fruit for dessert.

Olive Oil

- ❖ A healthy monounsaturated fat filled with vitamin E and antioxidants.
- ❖ Choose Extra Virgin Olive Oil for drizzling, dipping, and salad dressings and regular olive oil for cooking.

Balsamic Vinegar

- ❖ Contains antioxidants and suppresses the appetite.
- ❖ Combine with olive oil for salad dressings and marinades.

Spices (Red Peppers, Thyme, Oregano, Rosemary, & Cinnamon)

- ❖ Contain antioxidants and flavonols.
- ❖ Sprinkle generously to add flavor to salad dressings, marinades, sauces, etc.

Pasta

- ❖ Choose whole-grain pasta filled with fiber, complex carbohydrates, and B vitamins.
- ❖ Enjoy drizzled with olive oil, tomato sauces, or pesto.

Brown Rice

- ❖ Another whole-grain, complex carbohydrate that provides fiber and B vitamins.
- ❖ Basic ingredient for casseroles, soups, and side dishes.

Tomatoes

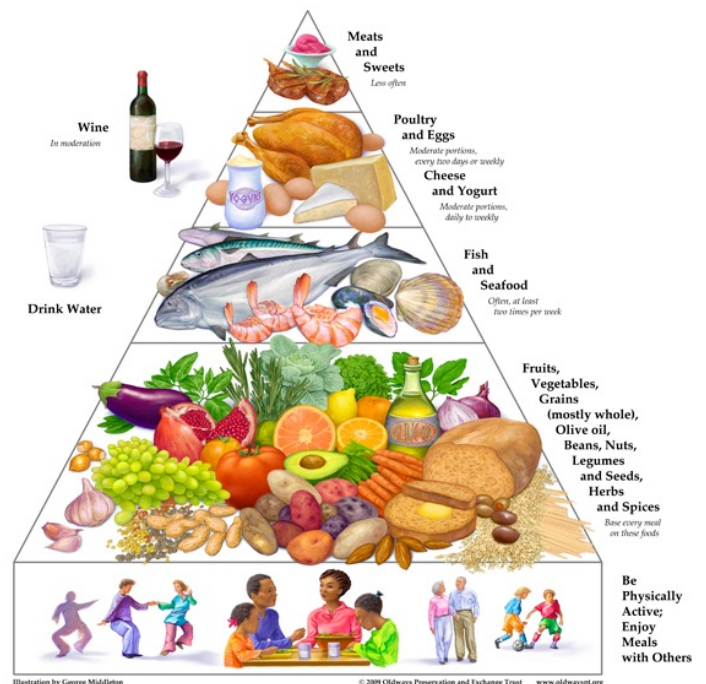
- ❖ Contain lycopene, a potent antioxidant, and vitamin C.
- ❖ Cooking intensifies the antioxidants, but fresh is great too. Use in salads and sauces.

Garlic

- ❖ A potent source of vitamin C, potassium, and antioxidants.
- ❖ Add to sauces, salad dressings, and marinades or drizzle with olive oil and roast.

Mediterranean Diet Pyramid

A contemporary approach to delicious, healthy eating



Cheese/Yogurt

- ❖ A protein powerhouse. Yogurt contains pre- and probiotics and is a beneficial bacteria for digestive health. Protects and strengthens bones.
- ❖ Sprinkle small amounts of strong-flavored cheese on salads, pasta, and casseroles. Use yogurt for dips.

Legumes (Beans & Nuts)

- ❖ A great source of protein, fiber, and healthy fats.
- ❖ Substitute beans for red meats. Eat nuts in moderation because they are high in calories.

Fish

- ❖ Fatty fish, such as salmon, is a great source of heart-healthy Omega-3 fatty acids.
- ❖ Plan for 2- to 3-ounce servings several times a week.