

# Mediterranean Diet

The Mediterranean diet consist of a daily intake of whole wheat carbohydrates, legumes, vegetables and healthy fats such as olive oil, nuts, seeds and fish. Foods consumed on occasions are chicken, eggs and dairy; and less frequently are red meats and sweets.

## Mediterranean diet recommendations:

### Daily

- Recommended fiber Intake: 25-30 grams a day
- 1-2 servings whole grains and legumes:
  - whole wheat grains, quinoa, couscous, beans, and lentils.
- 2-3 servings of fresh vegetables
- 1 T per person olive oil
- 1-2 servings olives
- 1-2 servings nuts and seeds:
  - walnuts, brazil nuts, pistachios, pecans, and almonds
  - flax, chia, sesame, and pumpkin
- 1 serving of fruit: berries, pomegranate, avocado, papaya, and oranges
- 6-8 glasses of water

### Weekly

- 2+ servings Fish (omega-3): salmon, sardines, mackerel, trout, tuna and cod
- 1 servings white meat: chicken and turkey
- 2-3 servings eggs
- 2 servings dairy,cheese, and yogurt

### Monthly

- Red meats: beef and pork
- Sweets

## Foods high in fiber

**Breads:** made with 100% whole wheat flour, graham, wheat or rye crackers, and whole-grain tortillas.

**Cereal:** whole-grain and bran cereals (shredded wheat, wheat flakes, raisin bran).

**Vegetables:** green peas, celery, spinach, broccoli, brussel sprouts, squash, cauliflower eggplant, and sweet potatoes.