

MEDITERRANEAN DIET FOOD LIST



OLIVE OIL, OLIVES, VINEGARS

Extra Virgin Olive Oil
Olives
Balsamic Vinegar
Red Wine Vinegar

VEGETABLES

Onions
Garlic
Potatoes
Artichokes
Zucchini
Eggplant
Squash
Corn
Cucumbers
Broccoli
Cauliflower
Mushrooms
Beets
Carrots
Celery
Peppers
Fennel
Cabbage
Leeks

NUTS & SEEDS

Pine Nuts
Walnuts
Almonds
Chesnuts
Sesame Seeds
Pumpkin Seeds
Sunflower Seeds
Tahini

HERBS & SPICES

Parsley
Oregano
Basil
Dill
Thyme
Sage
Rosemary
Mint
Bay Leaves
Salt
Pepper
Cumin
Ginger
Turmeric
Saffron
Paprika
Cinnamon
Cloves
Red Pepper Flakes

BEANS & LEGUMES

Lentils
Split Peas
Broad Beans
Chickpeas
Kidney Beans
Green Beans
Black Beans
Black Eyed Beans

CHEESE & FERMENTED DAIRY

Feta Cheese
Mozzarella
Parmesan
Ricotta
Yogurt

GREENS

Spinach
Arugula
Lettuce
Kale
Purslane
Broccoli Rabe
Beet Greens
Collard Greens
Dandelion Greens
Mustard Greens
Turnip Greens

WHOLE GRAINS, RICE & PASTA

Whole Wheat
Bulgur Wheat
Quinoa
Rice
Orzo
Pasta
Barley

GRASS FED

Grass Fed Beef
Grass Fed Pork
Grass Fed Chicken
Organic Eggs

FRUIT

Grapes
Tomatoes
Lemons
Oranges
Grapefruit
Apricots
Apples
Pears
Pomegranate
Cherries
Avocado
Watermelon
Honeydew
Peaches
Strawberries
Figs
Kiwi

FISH & SEAFOOD

Sardines and Anchovies
Salmon
Sea Bass
Cod
Halibut
Tuna
Mussels and Clams
Shrimps and Prawns

DRINKS

Water
Coffee
Tea
Wine
Moonshine
Fresh Juice