

Mediterranean diet staples

Eat | but better



leafy greens

- | | | |
|---|---|-------------------------------------|
| ☐ Kale | ☐ Sorrel | ☐ Arugula |
| ☐ Spinach | ☐ Spring mix | ☐ Watercress |
| ☐ Mustard greens | ☐ Butter lettuce | ☐ Red leaf |
| ☐ Swiss chard | ☐ Romaine | ☐ Green leaf |

fresh vegetables and fruits

- | | | |
|--|--|---------------------------------------|
| Vegetables: | ☐ Spring onions | ☐ Strawberries |
| ☐ Asparagus | | ☐ Blueberries |
| ☐ Artichokes | Squash: | ☐ Raspberries |
| ☐ Beets | ☐ Green | ☐ Blackberries |
| ☐ Bell peppers | ☐ Yellow | ☐ Cherries |
| ☐ Broccoli | | ☐ Dates |
| ☐ Cabbage | Tomatoes: | ☐ Figs |
| ☐ Carrots | ☐ Beefsteak | ☐ Grapes |
| ☐ Cucumber | ☐ Grape | ☐ Lemons |
| ☐ Eggplant | ☐ Roma | ☐ Melon |
| ☐ Fennel bulb | ☐ Heirloom | ☐ Oranges |
| ☐ Green beans | | ☐ Peaches |
| ☐ Green peas | Mushrooms: | ☐ Plums |
| | ☐ White | ☐ Pomegranates |
| | ☐ Porcini | ☐ Watermelon |
| Alliums: | | ☐ _____ |
| ☐ Garlic | Fruits: | ☐ _____ |
| ☐ Leeks | ☐ Apples | ☐ _____ |
| ☐ White onions | ☐ Apricots | ☐ _____ |
| ☐ Yellow onions | ☐ Avocados | ☐ _____ |
| ☐ Red onions | ☐ Bananas | |
| ☐ Shallots | | |

fresh herbs

- | | | |
|-------------------------------------|--|-----------------------------------|
| ☐ Chives | ☐ Flat-leaf parsley | ☐ Marjoram |
| ☐ Basil | ☐ Oregano | ☐ Sage |
| ☐ Bay leaves | ☐ Rosemary | ☐ Savory |
| ☐ Cilantro | ☐ Dill | ☐ Tarragon |
| ☐ Mint | ☐ Fennel | ☐ Thyme |

whole grains and pasta

- | | | |
|---|--|----------------------------------|
| ☐ Whole-grain bread | Oats: | ☐ Barley |
| ☐ Whole-wheat pita | ☐ Old-fashioned | ☐ Bulgur |
| ☐ Whole-grain cereal | ☐ Steel-cut | ☐ Quinoa |
| ☐ Whole-wheat pasta | | ☐ Kamut |
| ☐ Brown rice | Ancient grains: | ☐ Teff |
| ☐ Couscous | ☐ Farro | ☐ Freekeh |
| ☐ _____ | ☐ Wheat berries | |

dairy and eggs

- | | | |
|--|-----------------------------------|--------------------------------------|
| Cheese: | Fresh mozzarella: | Greek yogurt, plain: |
| ☐ Cheddar | ☐ Whole | ☐ Whole milk |
| ☐ Feta | ☐ Shredded | ☐ Reduced fat |
| ☐ Ricotta | ☐ Burrata | |
| ☐ Goat cheese | | Eggs: |
| ☐ Cream cheese | Milk: | ☐ Whole eggs |
| ☐ Parmigiano-Reggiano | ☐ Skim | ☐ Egg whites |
| ☐ Manchego | ☐ Low-fat | |
| ☐ Mascarpone | ☐ Whole | |

oils and condiments

- | | | |
|--------------------------------------|--------------------------------------|---|
| Vinegar: | ☐ Pasteurized | ☐ Extra-virgin olive oil |
| ☐ Balsamic | | ☐ Dijon mustard |
| ☐ Apple cider | Cooking wine: | ☐ Tahini |
| ☐ Red wine | ☐ Red | ☐ Maple syrup |
| | ☐ White | ☐ Rose water |
| Honey: | | ☐ _____ |
| ☐ Raw | | ☐ _____ |

legumes

- | | | |
|---------------------------------|---------------------------------|---------------------------------|
| Chickpeas (garbanzo): | Pinto beans: | Lentils: |
| ☐ Dried | ☐ Dried | ☐ Red |
| ☐ Canned | ☐ Canned | ☐ Black |
| | | ☐ Green |
| Black beans: | White (cannellini): | Peas: |
| ☐ Dried | ☐ Dried | ☐ Dried |
| ☐ Canned | ☐ Canned | ☐ Canned |

nuts

- | | | |
|--|--|-------------------------------------|
| ☐ Almonds | ☐ Pumpkin seeds | ☐ Hazelnuts |
| ☐ Walnuts | ☐ Pistachios | ☐ Macadamias |
| ☐ Sunflower seeds | ☐ Pine nuts | ☐ _____ |

canned, jarred and frozen foods

- | | | |
|-----------------------------------|--|--|
| Olives: | ☐ Crushed | ☐ Roasted red peppers |
| ☐ Black | ☐ Sauce | ☐ Tuna, water-packed |
| ☐ Green | ☐ Paste | ☐ Vegetables, frozen |
| ☐ Kalamata | | ☐ _____ |
| | ☐ Kataifi (shredded phyllo dough) | ☐ Fruit, frozen |
| Tomatoes: | ☐ Phyllo dough | ☐ _____ |
| ☐ Diced | | |

fresh or frozen fish

- | | | |
|-------------------------------------|-----------------------------------|-----------------------------------|
| Omega-3 fatty fish: | ☐ Tilapia | Mollusks: |
| ☐ Salmon | ☐ Flounder | ☐ Clams |
| ☐ Sardines | ☐ Sole | ☐ Mussels |
| ☐ Mackerel | ☐ Cod | ☐ Snails |
| ☐ Herring | | ☐ Scallops |
| ☐ Lake trout | Shellfish: | ☐ Oysters |
| ☐ Tuna | ☐ Crab | ☐ Octopus |
| | ☐ Shrimp | ☐ Squid |
| Whitefish: | ☐ Lobster | |
| ☐ Bass | ☐ Prawns | |
| ☐ Haddock | ☐ Crayfish | |

fresh or frozen meat

- | | | |
|--|---|------------------------------------|
| ☐ Chicken, dark | ☐ Chicken, white | ☐ Lean pork |
|--|---|------------------------------------|

other

- | | |
|--------------------------------|--------------------------------|
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |