

Mediterranean Diet Food List

Name: _____ Date: _____

Nutrition goals

Healthy fats

- Extra-virgin olive oil
- Olives
- Avocados
- _____
- _____

Dairy and dairy alternatives

- Cheese (Feta, parmesan, low-fat mozzarella, cottage cheese)
- Yogurt
- Milk / milk alternatives (Soy milk, almond milk, trim milk)
- _____
- _____

Lean proteins

- Eggs
- Lean meat (Chicken, turkey, duck)
- Fish (Salmon, white fish, tuna)
- Seafood (Prawns, shrimps, mussels, clams)
- _____
- _____

Plant-based foods

- Fruits (Apples, bananas, pears, melon, berries, dates, stone fruit, oranges, lemons)
- Vegetables (Spinach, kale, carrots, onions, broccoli, mushrooms, salad greens, sweetcorn, tomatoes, sweet potatoes, potatoes, cauliflower, zucchini, eggplant)
- Legumes (Black beans, kidney beans, garbanzo beans or chickpeas, white beans, lentils, pulses)
- Nuts and seeds (Almonds, walnuts, cashew nuts, chia seeds, flaxseeds, quinoa, pumpkin seeds, nut butters)
- Whole grains (Wholegrain bread, wholegrain/seed crackers, brown rice, oats, bulgur wheat, buckwheat, barley, corn)
- _____
- _____
- _____

Herbs, spices, and drinks

- Tea and coffee (Green tea, black tea, red bush tea, coffee)
- Herbs and spices (Garlic, basil, rosemary, thyme, nutmeg, cinnamon, paprika)
- _____
- _____

Notes