Mediterranean Diet

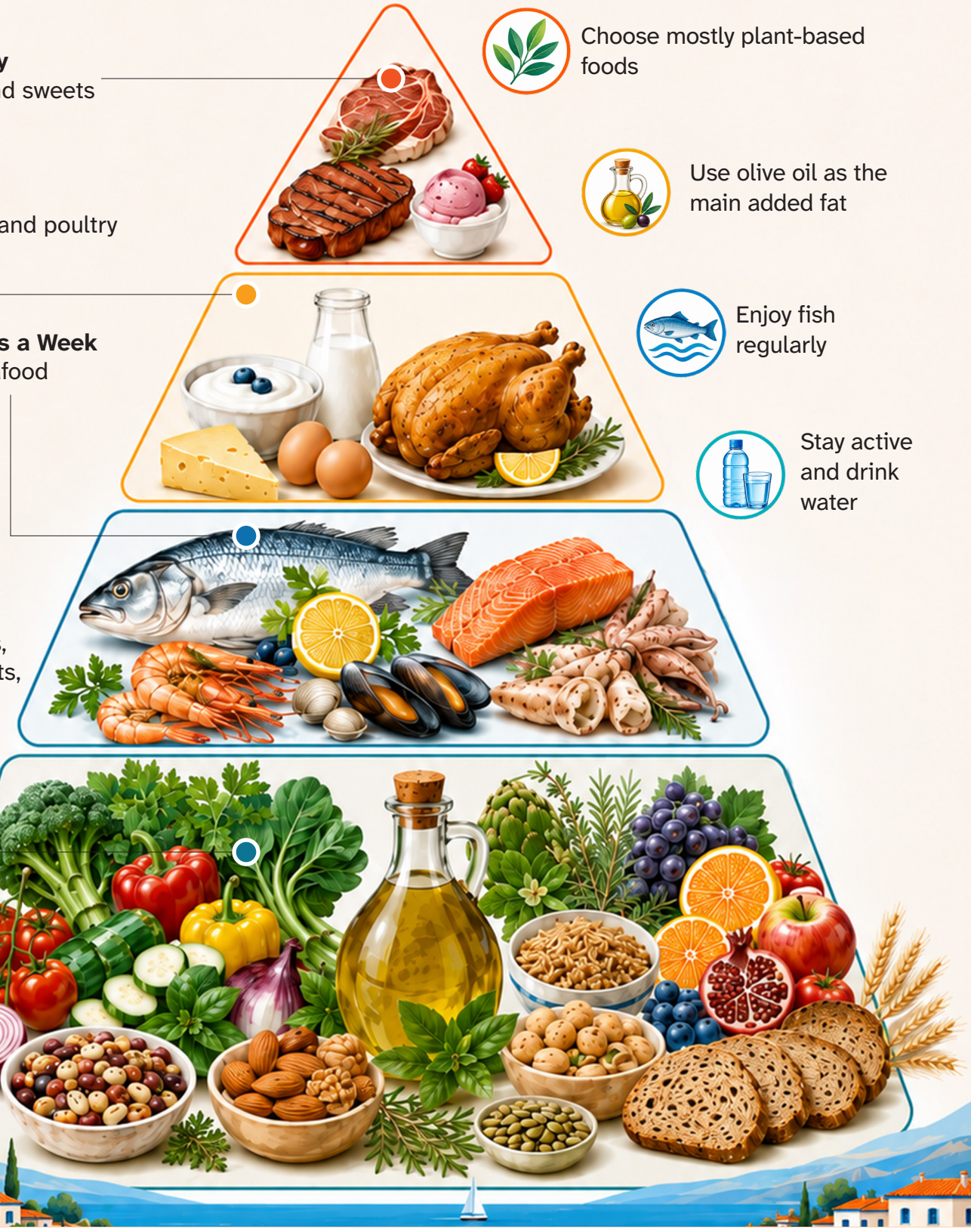
A simple guide to healthy everyday eating.

Occasionally
Red meat and sweets

Weekly
Dairy, eggs, and poultry

A Few Times a Week
Fish and seafood

Daily
Vegetables, fruits, whole grains, legumes, nuts, seeds, olive oil, herbs, and beans



Choose mostly plant-based foods

Use olive oil as the main added fat

Enjoy fish regularly

Stay active and drink water