

MEDITERRANEAN FOOD

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MEDITERRANEAN DIET SERVINGS GUIDE

Vegetables

- Cauliflower
- Cabbage
- Carrots
- Broccoli
- Asparagus
- Bell Peppers
- Artichokes
- Leafy Greens
- Mushrooms
- Garlic, Onions
- Cucumbers
- Eggplant
- Tomatoes
- Sweet potatoes

3-4
PER
DAYS



Fresh Fruits

- Cherries
- Apricots
- Berries
- Avocados
- Grapes
- Apple
- Cantaloupes
- Lemons, Limes
- Plums, Prunes
- Grapefruits
- Oranges
- Peaches, Pears
- Kiwis
- Watermelon

2-3
PER
DAYS



Seafood & Fish

- Haddock
- Oysters
- Salmon
- Mackerel
- Mussels
- Crab, Lobster
- Tuna
- Shrimp
- White fish
- Sardines
- Squid, Clams
- Trout
- Scallops
- Canned fish

2-3
PER
DAYS



Beans & Legumes

- Bread beans
- Black beans
- Chickpeas
- Lentils
- Fava beans
- Kidney Beans
- Edamame
- Green beans
- Canned beans (no salt)
- Lima beans
- Tempeh
- Split Peas
- Tofu

OVER
3 PER
DAYS



Mediterranean Diet Food Guide

BM King



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