

Common Foods & Flavors of the **MEDITERRANEAN DIET**

••• eat most often

•• eat moderately

• eat less often

Vegetables & Tubers •••

artichokes, arugula, beets, broccoli, brussels sprouts, cabbage, carrots, celery, celeriac, chicory, collard cucumber, dandelion greens, eggplant, fennel, kale, leeks, lettuce, mâche, mushrooms, mustard greens, nettles, okra, onions (red, sweet, white), peas, peppers, potatoes, purslane, radishes, rutabaga, scallions, shallots, spinach, sweet potatoes, turnips, zucchini

Grains •••

bread, barley, buckwheat, bulgur, couscous, durum, farro, freekeh, millet, oats, polenta, rice, wheat berries

Poultry & Eggs ••

chicken, duck, guinea fowl, quail
chicken eggs, duck eggs, quail eggs

Fruits •••

avocados, apples, apricots, cherries, clementines, dates, figs, grapefruit, grapes, lemons, melons, nectarines, olives, oranges, peaches, pears, pomegranates, pumpkin, strawberries, tangerines, tomatoes

Fish & Seafood ••

abalone, cockles, clams, crab, eel, flounder, lobster, mackerel, mussels, octopus, oysters, salmon, sardines, sea bass, shrimp, squid, tilapia, tuna, whelk, yellowtail

Sweets •

treats made with fruits, nuts, whole grains, and minimal sugars
baklava, biscotti, crème caramel, chocolate, gelato, kunefe, lokum (Turkish delight), mousse au chocolat, sorbet

Nuts, Seeds, & Legumes •••

almonds, beans (cannellini, chickpeas, fava, green, kidney), cashews, hazelnuts, lentils, pine nuts, pistachios, sesame seeds (tahini), split peas, walnuts

Herbs & Spices •••

anise, basil, bay leaf, chiles, clove, cumin, fennel, garlic, lavender, marjoram, mint, oregano, parsley, pepper, pul biber (Aleppo pepper), rosemary, sage, savory, sumac, tarragon, thyme, za'atar

Cheese & Yogurt ••

Brie, Chevre, Corvo, feta, Halloumi, Manchego, Parmigiano-Reggiano, Pecorino, ricotta
Greek yogurt

Meats •

beef, goat, lamb, mutton, pork