

The Mediterranean Diet

Veg, Fruit, Fish

Nuts & Grains List!

Start Living A Healthy Lifestyle



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Meat



Mediterranean Diet Vegetable List

- Tomatoes
- Kale
- Spinach
- Swiss Chard
- Celery
- Broccoli
- Cauliflower
- Brussel Sprouts
- Cucumbers
- Green Beans
- Eggplant (Aubergines)
- Zucchini (Courgette)
- Squash
- Onions
- Scallions (Spring Onions)
- Shallots
- Garlic
- Bell Pepper
- Mushrooms
- Artichokes
- Cabbage
- Fennel
- Leeks
- Asparagus
- Potatoes
- Sweet Potatoes
- Turnips





Mediterranean Diet Fruit List

Apples

Pears

Bananas

Oranges

Clementines

Lemons

Limes

Grapefruit

Grapes

Dates

Figs

Cantaloupe Melon

Peaches

Apricots

Plums

Pomegranate

Strawberries

Blueberries

Raspberries

Blackberries

Cherries

Avocados





Seeds & Nuts

- Walnuts
- Almonds
- Macadamia Nuts
- Cashews
- Pistachios
- Pine nuts
- Sesame seeds
- Sunflower seeds
- Pumpkin seeds

Legumes

- Cannelini Beans
- Fava Beans
- Kidney beans
- Haricots beans
- Lima beans
- Peas
- Lentils
- Chickpeas

Whole Grains

- Whole oats
- Brown rice
- Barley
- Bulgar wheat
- Buckwheat
- Corn
- Whole-grain bread
- Pitta bread
- Whole meal pasta
- Couscous
- Farro
- Quinoa



Dairy

Cheese

- Feta
- Brie
- Chevre
- Parmesan
- Ricotta
- Manchengo
- Haloumi
- Labneh

Greek Yogurt

Eggs

Milk

Oil & Fats

Extra Virgin Olive Oil

Avocado Oil

Meat

Chicken

Duck

Turkey



Thank You

**CREATE YOUR
CUSTOMIZED
MEDITERRANEAN
DIET PLAN!**

FIND THE FOODS
YOU CAN & CAN'T EAT

>> START QUIZ

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