

# Mediterranean Diet Food List (Printable Guide)

## Vegetables

- 1 Spinach, Kale, Arugula, Tomatoes, Cucumbers, Zucchini
- 2 Eggplant, Bell peppers, Broccoli, Cauliflower, Onion, Garlic

## Fruits

- 1 Berries (fresh/frozen), Apples, Oranges, Grapes, Pomegranate

## Whole Grains

- 1 Brown rice, Quinoa, Barley, Farro, Whole wheat bread

## Legumes

- 1 Lentils, Chickpeas, Black beans, White beans

## Healthy Fats

- 1 Extra Virgin Olive Oil (2–4 tbsp daily)
- 2 Walnuts, Almonds, Pistachios, Chia seeds, Flaxseeds

## Protein Sources

- 1 Fatty fish (salmon, sardines, mackerel)
- 2 Eggs, Chicken (moderate), Greek yogurt, Feta cheese

## Flavor Boosters

- 1 Lemon, Vinegar, Herbs (parsley, basil, oregano)
- 2 Spices (turmeric, cumin, paprika)