

The Mediterranean Diet

The Mediterranean diet is an easy to follow lifestyle approach to nutrition that includes nine main points. Combined with physical activity and enjoying meals with others, research shows that adding more points of the diet to your daily life can result in better physical and mental health. It can also prevent deaths from heart disease and certain cancers.

To track your Mediterranean Diet "score", give yourself 1 point for each food group you include in your diet in the quantity specified:

Food Group	How Much?	Sources Include
Vegetables	2-3 cups <i>per day</i>	Dark Leafy greens, onion, carrot, squash, peppers, eggplant, asparagus, cucumber, tomatoes
Legumes	2 cups <i>per week</i>	Lentils, beans, peas, okra, chickpeas (garbanzo beans), peanuts
Fruits and Nuts	Fruit: 1- 1½ cups <i>per day</i> Nuts: 1/4 cup <i>per day</i>	Apples, berries, cantaloupe, grapes, peaches, pineapple, citrus Cashews, almonds, pistachios, walnuts, pine nuts
Cereals and Whole Grains	1 ½ cups <i>per day</i> ("whole" grain on ingredient list)	Brown rice, corn, whole wheat pastas, whole wheat breads, corn tortillas, oats, quinoa, farro, popcorn
Fish	At least 2 four-ounce servings <i>per week</i>	Cod, drum, tuna, salmon, crabs, clams, shrimp, scallops, oysters, mackerel
Oils and Fats	Choose plant-based fats over animal fats	Unsaturated oils such as olive, canola, sesame, sunflower, safflower, cottonseed
Dairy	Less than 1 cup (8 ounces) <i>per day</i>	Low fat and fermented: yogurt, cheese, kefir, cottage cheese, ricotta cheese
Meats	3-4 ounces (about 1 serving) <i>per day</i>	Pork tenderloin, lean ground beef, chicken breast or trimmed thigh
Alcohol	Women: 1 drink <i>per day</i> Men: 2 drinks <i>per day</i>	Red Wine, distilled alcohol, and beer are all included but should be consumed with meals - avoid binge drinking

Remember: Adding just one or two more points to your score can have a big impact on your overall health!