



The Mediterranean Diet

The Mediterranean Diet is based on the traditional foods that people used to eat in countries like Italy and Greece...and to a great degree still eat today. The principal is that a plant-based diet with lean proteins and healthy fats is not only great for weight loss but also promotes health. It's a heart-healthy eating approach that emphasizes fresh, whole foods and is adjustable for most people.

For the Mediterranean Diet you can eat vegetables, fruits, nuts, seeds, legumes, potatoes, whole grains, breads, herbs, spices, fish, seafood, and extra virgin olive oil to a large degree. You can eat poultry, eggs, cheese, and yogurt in moderation and on occasion have red meat. You're even allowed a moderate amount of red wine...5 ounces or less daily for women (about 1 glass) and no more than 10 ounces daily for men (about 2 glasses). You won't be eating sugar-sweetened beverages, added sugars, processed meat, refined grains, refined oils, or any other highly processed foods.

Approximate Daily Nutrient Breakdown

25% - 35% daily from Fats

50% - 60% daily from Carbs

18% - 25% daily from Protein

Eat vegetables, fruits, fish & seafood, extra virgin olive oil, nuts, seeds, legumes, potatoes, and whole grains frequently. Moderate amounts of poultry, eggs, and dairy are fine. Limit red meat to very minimal amounts infrequently.

Benefits of a Mediterranean Diet:

Can Reduce Heart Disease Risk	Helps Strengthen Bones	Helps Fight Depression
Aids in Diabetes Management	Can Help Control Blood Sugar	Can Protect Against Cancer
Promotes Agility in Aging	Encourages Healthy Weight Loss	Aids in Fighting Cancer
Can Reduce Alzheimer's Risk	Helps Reduce Parkinson's Risk	Helps Protect Cognitive Health
Helps Improve Mood	Aids in Fighting Inflammation	Can Improve Skin Health
Can Help Relieve Pain	Helps Increase Longevity	Aids in Reducing Fat Storage

Mediterranean Diet Foods & Nutritional Information

<u>PROTEINS (4 oz. serving)</u> <u>(Beef/Pork/Chicken/Turkey/Lamb)</u>	<u>CALORIES</u>	<u>FATS (g)</u>	<u>CARBS (g)</u>	<u>PROTEIN (g)</u>
Eye of Round	188	5	0	33
Ribeye Steak (similar fatty cuts)	300	20	1	27
Beef Roast	200	9	0	28
Veal	160	5	0	26
Ground Beef (80/20 fat)	280	23	0	19
Beef Sausage (1 link)	88	7	1	4
Beef Hot Dog (1)	163	14	2	6
Liver	150	4	4	23

Ham (cured – 11% fat)	211	10	0	29
Bacon (regular cut – 4 slices)	540	50	1	22
Pork Chop	200	18	0	30
Pork Loin	212	10	0	28
Ground Pork (79/21 fat)	298	24	0	19
Pork Sausage (1 link)	86	7	1	4
Pork Hot Dog (1)	170	16	1	6
Chicken – Dark Meat (with skin)	275	18	0	25
Chicken – Dark Meat (without skin)	200	10	0	25
Chicken Breast (with skin)	194	11	0	24
Chicken Breast (without skin)	124	1	0	26
Ground Chicken (breast)	140	0	0	21
Chicken Sausage (1 link)	63	2	1	4
Chicken Hot Dog (1)	143	12	2	6
Turkey – Dark Meat (with skin)	194	9	0	26
Turkey – Dark Meat (without skin)	162	5	0	28
Turkey Breast (with skin)	175	6	0	29
Turkey Breast (without skin)	137	1	0	31
Ground Turkey (85/15 fat)	184	12	0	21
Turkey Sausage (1 link)	45	0	1	5
Turkey Hot Dog (1)	136	8	1	6
Lamb Chop	300	25	0	19
Ground Lamb	330	27	0	23

(Seafood)

Salmon	210	12	0	23
Mackerel	261	16	0	21
Herring	179	10	0	20
Sardines (canned in oil)	238	15	1	23
Anchovies	162	5	0	26
Tuna (fresh fillet)	123	1	0	27
Tuna (canned in oil)	218	9	0	32
Trout	168	7	0	24
Halibut	114	2	0	22
Cod	93	1	0	20
Catfish	121	5	0	18
Mahi-Mahi	96	1	0	21
Sea Bass	125	1	0	24
Orange Roughy	186	1	0	18
Tilapia	208	2	9	22
Shrimp	110	3	4	18
Crab (fresh – not imitation)	98	1	0	20
Lobster	96	1	0	20
Scallops	89	1	4	11
Oysters (8 fresh oysters – not canned)	100	3	5	10
Clams	91	1	4	16

Mussels	146	4	6	15
Octopus	92	1	3	17
Calamari	104	2	4	18
Egg (1 large)	71	5	0	7
Egg Substitute (1/4 cup)	57	0	2	8

(Vegan Protein Options)

Tofu (4 oz. extra firm – cubed)	65	2	2	8
Tempeh (4 oz. – cubed)	222	13	11	21
Seitan (4 oz. – cubed)	130	2	5	24
Textured Vegetable Protein (1/4 cup)	80	0	7	12

DAIRY PROTEINS (varied amt.)

	<u>CALORIES</u>	<u>FATS (g)</u>	<u>CARBS (g)</u>	<u>PROTEIN (g)</u>
Whole Milk (1/2 cup)	74	4	6	4
Plain Greek Yogurt (1/2 cup – full fat)	129	11	10	14
Plain Regular Yogurt (1/2 cup – full fat)	72	4	6	4
Half-&-Half (2 Tbsp.)	40	3	1	1
Heavy Cream (2 Tbsp.)	104	11	1	1
Cream Cheese (2 Tbsp.)	100	9	2	2
Cottage Cheese (1/2 cup – 2% fat)	100	2	4	14
Mayonnaise (2 Tbsp. – full fat)	148	15	0	0
Butter (2 Tbsp. – full fat)	204	23	0	0
Ghee (2 Tbsp.)	225	15	0	0
Cheddar (2 oz. = 2 x 1 in. cubes)	225	18	1	14
Swiss (2 slices = 2 oz.)	213	16	3	6
Provolone (2 slices = 2 oz.)	197	14	1	14
Parmesan (2 Tbsp. – grated)	43	3	1	4
Mozzarella (2 oz. – whole milk; 2 x 1 in.)	175	13	1	13
Ricotta (1/4 cup – whole milk)	107	8	2	7
Mascarpone (2 Tbsp.)	128	13	1	2
Blue Cheese (1/4 cup – crumbled)	120	10	1	7
Feta (1/4 cup – crumbled)	99	8	2	5
Goat Cheese (2 oz. = 2 x 1/4 in. discs - soft)	150	10	1	10
Brie (1/2 cup – slices)	240	20	0	15

(Vegan Dairy Options)

Soy Milk (1 cup – plain/unsweetened)	115	4	9	8
Coconut Milk (1 cup – plain/unsweetened carton)	60	5	1	1
Almond Milk (1 cup – plain/unsweetened)	50	3	6	1
Cashew Milk (1 cup – plain/unsweetened)	45	2	6	0
Hemp Milk (1 cup – plain/unsweetened)	75	7	1	2
Soy Yogurt (1 cup – plain/unsweetened)	65	3	1	5
Coconut Yogurt (1 cup – plain/unsweetened)	58	3	9	0
Soy Mayonnaise (2 Tbsp.)	70	6	5	1
Tofu Mayonnaise (2 Tbsp.)	97	10	1	2

<u>Beans (1/3 cup)</u>	<u>CALORIES</u>	<u>FATS (g)</u>	<u>CARBS (g)</u>	<u>PROTEIN (g)</u>
Lentils	324	1	55	27
White Beans	100	1	17	6
Chickpeas	143	1	27	6
Fava Beans (yellow split peas)	193	1	33	15

<u>NUTS/NUT BUTTERS (varied amt.)</u>	<u>CALORIES</u>	<u>FATS (g)</u>	<u>CARBS (g)</u>	<u>PROTEIN (g)</u>
Almonds (1/4 cup – whole; approx. 24 nuts)	158	13	6	6
Almond Butter (2 Tbsp.)	199	18	7	6
Macadamia Nuts (1/4 cup – whole)	240	25	5	3
Macadamia Nut Butter (2 Tbsp.)	217	22	4	3
Cashews (1/4 cup – whole)	179	14	10	5
Cashew Butter (2 Tbsp.)	177	15	9	6
Pecans (1/4 cup – whole)	179	18	3	2
Pecan Butter (2 Tbsp.)	217	22	3	4
Pistachios (1/4 cup – shelled)	171	14	9	6
Pistachio Butter (2 Tbsp.)	168	13	9	7
Walnuts (1/4 cup – whole; approx. 13 nuts)	131	17	4	4
Walnut Butter (2 Tbsp.)	215	20	2	5
Hazelnuts (1/4 cup – whole)	212	21	6	5
Hazelnut Butter (2 Tbsp. w/chocolate)	183	14	13	3
Brazil Nuts (1/4 cup – whole)	188	19	4	4
Pine Nuts (1/4 cup – whole)	225	23	5	5

<u>SEEDS (2 Tbsp. serving)</u>	<u>CALORIES</u>	<u>FATS (g)</u>	<u>CARBS (g)</u>	<u>PROTEIN (g)</u>
Chia Seeds	139	9	12	5
Flax Seeds	100	7	5	3
Pumpkin Seeds/Pepitas (roasted & salted)	137	6	5	7
Sunflower Seeds (roasted & salted)	129	11	5	5
Sesame Seeds	104	9	4	3
Poppy Seeds	95	7	5	3
Tahini	178	16	6	5

<u>OILS (2 Tbsp. serving)</u>	<u>CALORIES</u>	<u>FATS (g)</u>	<u>CARBS (g)</u>	<u>PROTEIN (g)</u>
Olive Oil (extra virgin/cold pressed)	240	28	0	0
Canola Oil	240	28	0	0
Grapeseed Oil	240	28	0	0
Safflower Oil	240	28	0	0
Sesame Oil	240	28	0	0

<u>VEGETABLES (1 cup serving)</u>	<u>CALORIES</u>	<u>FATS (g)</u>	<u>CARBS (g)</u>	<u>PROTEIN (g)</u>
Broccoli (1/2 inch pieces)	31	0	6	3
Cauliflower (1/2 inch pieces)	27	0	6	2
Carrots (1/4 inch slices)	50	0	12	1
Tomatoes (chopped)	35	0	7	2

<u>VEGETABLES (continued)</u>	<u>CALORIES</u>	<u>FATS (g)</u>	<u>CARBS (g)</u>	<u>PROTEIN (g)</u>
Cucumber (1/4 inch slices)	16	0	4	1
Celery (1/4 inch slices)	15	0	3	1
Onion (chopped)	60	0	2	1
Asparagus (1 inch pieces)	20	0	4	2
Zucchini (1/4 inch slices)	20	0	4	1
Leeks (chopped)	54	0	13	1
Fennel (chopped)	27	0	6	1
Beets (1/4 inch slices)	58	0	13	2
Brussels Sprouts (whole)	38	0	8	3
Corn	88	1	20	2
Green Beans	31	0	7	2
Okra (chopped)	33	0	7	2
Peas	118	1	21	8
Potatoes (1/2 inch pieces)	116	0	26	3
Sweet Potatoes	114	0	27	2
Bell Pepper (chopped – green, yellow, red)	60	0	7	1
Mushrooms (chopped)	19	0	3	2
Eggplant (1 inch cubes)	20	0	5	1
Spaghetti Squash (1 inch cubes)	31	1	7	1
Butternut Squash (1 inch cubes)	63	0	16	1
Acorn Squash (1 inch cubes)	56	0	15	1
Cabbage (chopped)	20	0	5	1
Spinach (chopped)	7	0	1	1
Lettuce (chopped – dark varieties are best)	8	0	2	1
Endive (chopped)	7	0	2	1
Radicchio (chopped)	9	0	2	1
Kale (chopped)	34	0	7	2
Kohlrabi (chopped)	36	0	8	2
Bok Choy (chopped)	9	0	2	3
Swiss Chard (chopped)	7	0	1	1
Collard Greens (chopped)	11	0	2	1
Bamboo Shoots (1/2 inch slices)	42	0	8	4
Black Olives (10 olives – whole)	51	4	3	0
Green Olives (10 olives – whole w/pimento)	55	4	2	0
Radishes (1/2 cup - thin slices)	10	0	2	0
Chives (2 Tbsp. – chopped)	2	0	0	0
Miso Paste (2 Tbsp.)	60	2	9	3
Garlic (2 Tsp. minced)	8	0	2	0
Hummus (2 Tbsp.)	50	3	4	2
<u>FRUIT (1/2 cup serving)</u>	<u>CALORIES</u>	<u>FATS (g)</u>	<u>CARBS (g)</u>	<u>PROTEIN (g)</u>
Avocado (sliced)	117	11	6	2
Strawberries (whole)	24	0	6	1
Blueberries (whole)	43	0	11	1
Raspberries (whole)	33	0	8	1
Blackberries (whole)	31	0	7	1

<u>FRUIT (continued)</u>	<u>CALORIES</u>	<u>FATS (g)</u>	<u>CARBS (g)</u>	<u>PROTEIN (g)</u>
Apples	29	0	8	0
Pears	44	0	11	0
Cherries (whole with pit)	37	0	9	1
Watermelon (1 inch cubes)	24	0	6	0
Cantaloupe (1 inch cubes)	27	0	7	0
Honeydew (1 inch cubes)	31	0	8	0
Lime (sections and zest)	20	0	7	1
Lemon (sections and zest)	33	0	10	1
Orange (sections and zest)	65	0	16	2
Grapefruit (sections and zest)	44	0	11	1
Banana (medium)	105	0	27	1
Kiwi (medium)	42	0	10	1
Peach (medium)	59	0	14	1
Grapes (whole)	31	0	8	1
Apricot	17	4	4	0
Fig (1 whole)	37	0	10	0

<u>Grains & Breads</u>	<u>CALORIES</u>	<u>FATS (g)</u>	<u>CARBS (g)</u>	<u>PROTEIN (g)</u>
Brown Rice (1/2 cup cooked)	108	1	22	3
Barley (1/2 cup cooked)	97	0	22	2
Buckwheat (1/2 cup cooked)	77	1	17	3
Bulgur (1/4 cup cooked)	140	1	30	5
Whole Oats (1/2 cup cooked)	210	4	38	7
Popcorn (3 Cups)	90	1	19	3
Whole Wheat Couscous (1/4 cup)	159	1	36	6
Quinoa (1/4 cup)	170	3	30	5
Whole Wheat Pasta (1 cup)	173	1	37	8
Egg Pasta (1 cup)	168	2	30	6
Whole Wheat Flour (1/2 cup)	130	1	26	5
Phyllo (1 sheet)	56	1	10	1
Whole Wheat Bread (1/4 cup)	100	2	18	4
Rye Bread (1 slice)	80	2	15	3
Pita Bread (1 piece)	74	1	15	3

BEVERAGES/LIQUIDS/MISC.

Water: still or sparkling; a staple on the diet for proper hydration.

Coffee: black (in moderation) without sweeteners/flavorings of any kind.

Tea: black, green (matcha), and herbal are best.

Alcohol: Red Wine. (in minimal amounts)

Broth: organic bone broth is best, watch for added sugars & check the nutritional facts for details.

Flavorings: allowed citrus items are best.

Sweeteners: VERY minimal sugar or honey if necessary; Stevia in very minimal amounts in place of sugar.

Spices: fresh or dried are fine; opt for powders and avoid salts; carefully read labels on dried varieties.

Condiments: low/no sugar is best (carefully read labels & account for ingredients); use sparingly.

Vinegars: Balsamic and Red Wine Vinegars are best.