**BASICS OF THE MEDITERRANEAN DIET**

**MAKE VEGETABLES THE CENTER OF YOUR MEALS**
Put an emphasis on vegetables by filling half your plate with vegetables of many colors and kinds.

**RETHINK YOUR PROTEIN**
If you eat meat, have it in smaller amounts (3 ounces or less), as a side dish, or even as a garnish to add a touch of flavor. The main sources of protein, those consumed every day in the Mediterranean diet, are plant-based proteins, including legumes (beans, peas, and lentils), nuts, and seeds.

**CHOOSE DAIRY PRODUCTS IN MODERATION**
Dairy products common to the Mediterranean Diet include Greek yogurt and flavorful artisan cheeses. When eating dairy, choose a moderate portion and enjoy the flavor without overindulging.

**EAT FISH OR SEAFOOD TWICE A WEEK**
Seafood common to the Mediterranean diet include salmon, sardines, and tuna which are rich in essential heart healthy omega-3 fatty acids and Vitamin D. Shellfish typical to the region are mussels, oysters, and clams. Fish and shellfish that are battered and fried are not traditional to the Mediterranean Diet.

**FOCUS ON THE FOUNDATION**
Plant foods are foundational to the Mediterranean Diet and are consumed as the base of each meal. They are at the bottom of the pyramid to illustrate their abundance and role in the Mediterranean diet. Plant-based foods include vegetables, fruits, whole grains, legumes, olive oil, nuts, seeds, herbs, and spices.

**CHOOSE HEALTHY FATS**
Olive oil is the main source of fat in the Mediterranean diet. It is primarily a monounsaturated fat and is considered to be heart healthy. Food sources of healthy fats include nuts, seeds, olives, avocados, fish, and seafood.

**FAVOR WHOLE GRAINS**
Enjoy the full, nutty taste of whole grains. When eaten whole, these grains, including farro, barley, bulgur, and brown rice are rich in vitamins, minerals, and fiber. Use whole grains in your favorite dishes and select products made with whole grains.

**EAT FRESH FRUIT**
Fruits are nutrient-rich and naturally sweet. Make fruit the dessert of choice, reserving traditional desserts for very special occasions. As part of the foundation of the Mediterranean diet, include fruits in your meals and snacks every day.

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**LET’S COOK MORE!**
Sign up for additional cooking classes at extension.psu.edu/letscook

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