



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VOTED BEST DIET FOR 2019

Mediterranean Diet

A Mediterranean Diet consists primarily of whole plant-based foods

- Meats & Sweets:** Choose sparingly
- Poultry and Eggs:** Moderate portions
- Cheese and Yogurt:** Moderate portions
- Fish and Seafood:** Eat often
- Fruits:** Include at every meal
- Vegetables:** Include at every meal
- Whole Grains:** Include daily
- Beans, Nuts, Seeds:** Include daily

