

# Mediterranean Diet

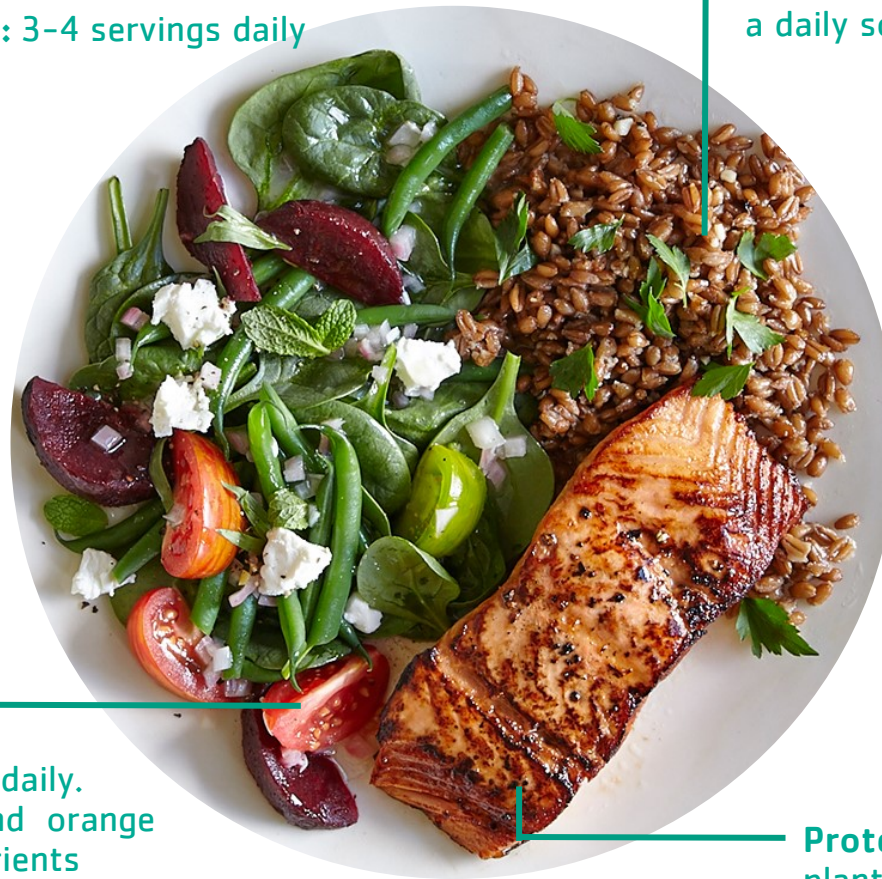


**Fruit:** 3-4 servings daily

**Fats:** Choose olive oil, nuts, and fish as heart healthy fats.

**Skip:** processed meats, high-sugar beverages and added salt.

**Vegetables:** 3-4 servings daily. Choose dark green, red, and orange varieties for the most nutrients



**Grains:** Choose whole grains and legumes for a daily source of complex carbohydrates

**Protein:** Choose Fish, shellfish, or plant based protein whenever possible. Limit beef, pork, and whole eggs



**Beverages:** water is the best choice for hydration