



MEDITERRANEAN DIET BASICS

Support your body and long-term health.

EAT LOTS OF	EAT SOME	LIMIT	RARELY
 Fruits	 Fish	 Red meat	 Processed foods
 Vegetables	 Poultry		 Fast foods
 Whole grains	 Nuts	 Dairy (focus on low-fat options)	 Sweets
	 Olive oil		 Sugary beverages

BENEFITS



Supports heart health



Helps manage blood sugar and hormones



Reduces inflammation



Supports your body during recovery and over time

Focus on what you can control—one meal at a time.