



MEDITERRANEAN DIET FOOD SWAPS

🌿 Small changes to support your body. 🌿

INSTEAD OF



White bread
or pasta



TRY



Whole grain
bread or pasta



Red or
processed meat



Fish, chicken,
or plant-based
proteins



Adding
extra salt



Use herbs and
spices for flavor



Foods with
added sugar



Limit added
sugars when
possible



Small, consistent changes can support your health over time.