



MEDITERRANEAN DIET BASICS

🌿 Eat well. Feel better. Build habits that last. 🌿

EAT LOTS OF	EAT SOME	LIMIT	RARELY
 Fruits	 Fish	 Red meat	 Processed foods
 Vegetables	 Poultry		 Fast foods
 Whole grains	 Nuts	 Dairy	 Sweets
	 Olive oil		 Sugary beverages

BENEFITS



Supports heart health.



Helps maintain a healthy weight.



Improves energy and digestion.



Supports long-term health.

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