

The Mediterranean Diet — Weekly Goals

The Mediterranean Diet is good for many types of eating plans, including those for diabetes, hypertension, and cardiovascular disease. Check off each box (or half a box, it all adds up) as you eat during a week.

= 1 serving except where noted*; serving sizes are listed by food type

Vegetables

cooked or raw serving size is 1 cup
lettuce serving size is 2 cups

<input type="checkbox"/>	<input type="checkbox"/>	dark green				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	red / orange
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	starchy		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	other	

More is optional, but better!

Fruit

fresh, canned, or frozen serving size is 1 cup
dried serving size is ½ cup

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

More is optional, but better!

Nuts

whole nuts serving size is ¼ cup; nut butter serving size is 2 tablespoons; maximum 1 serving per day

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Legumes (beans, peas, lentils, peanuts)

cooked serving size is ½ cup

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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More is optional, but better!

Whole Grains / Cereals

serving size is 1 slice bread, 1 cup ready-to-eat cereal, ½ cup cooked rice, pasta, or cereal, 3 cups popcorn, 1 ounce crackers, or 16 grams of other grain items

Whole Grain

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Refined Grain

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Substituting more whole grain for refined grain is better!

Plant-Based Oils / Fats*

(olive, sesame, canola, avocado)

1–2 tablespoons per day, used in cooking

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	each box = 1 day
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Low-Fat Dairy

serving size is ¾ cup milk, 6 ounces yogurt, 1½ cups cottage cheese, 1.5 ounces natural cheese; maximum 1 serving per day

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Less is better!
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Proteins / Meats

Lean Red Meat

serving size is 3 ounces

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Lean Poultry

serving size is 3 ounces

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Less is better!
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Fish / Shellfish

serving size is 4 ounces

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	More is better!
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Eggs

serving size is 1 whole egg (yolk and white); no limit for egg whites only

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Alcohol (optional)

serving size is 8 ounces malt liquor
or, 5 ounces wine
or, 12 ounces beer
or, 1.5 ounces spirits/hard liquor

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Women (max 1 serving per day)
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Men (max 2 servings per day)
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