Choosing a diet similar to one eaten by people living around the Mediterranean Sea may lower the risk of cardiovascular disease and have additional health benefits. The diet is mostly plant-based with high amounts of fresh vegetables, fruits, nuts, dried beans, olive oil, and fish. Follow these tips to eat the Mediterranean way!

For further information, scan a QR code or visit https://www.healthquality.va.gov/guidelines/cd/lipids

Sample Mediterranean Menu

**Breakfast**
1 cup Greek yogurt with 1 slice whole wheat toast with
¾ cup berries or ¼ cup mashed avocado or ¼ cup fresh fruit and 2 teaspoons natural nut butter
½ cup walnuts
Coffee or tea

**Lunch**
1 cup lentil or
1 cup minestrone soup
1 whole wheat pita
2 Tablespoon hummus
½ cup tomatoes
Water with lemon wedge

**Snack:** 1 ounce low-fat mozzarella cheese and 15 grapes

**Dinner**
3-4 ounces broiled fish brushed with olive oil, seasoned with lemon & dill
1 cup brown rice, cooked
Decaf green tea or 5 ounce wine (if cleared by medical team)

**Snack:** 1 ounce dark chocolate

1 cup steamed carrots
1-2 cups baby spinach & arugula salad with 2 Tablespoons olive oil & vinaigrette dressing

Nutrition Information
2200 calories
43 grams fiber
(8% saturated fat, 11% polyunsaturated fat, 19% Monounsaturated fat)
4 Tablespoons olive oil each day provides 480 of 2200 calories.
Mostly plant-based with high amounts of fresh vegetables, fruits, nuts, dried beans, olive oil, and fish.

Fruits
3 or more servings each day
Make fruit your dessert

Vegetables
4 or more servings each day
One portion each day should be raw vegetables. A serving is 1 cup raw or 1/2 cup cooked vegetables. Eat a variety of colors and textures.

Fats & Oils
4 tablespoons or more of olive oil each day
Choose extra virgin olive oil (EVOO) and use in salad dressings and cooking. Choose avocado or natural peanut butter instead of butter or margarine.

Nuts & Seeds
3 or more servings each week

Dried Beans & Legumes
3 or more servings each week
1 ounce or 1 serving = 23 almonds or 14 walnut halves
1 serving of beans = 1/2 cup

Yogurt, Cheese, Egg & Poultry

Choose daily to weekly
Choose low-fat yogurt and cheeses. Choose skinless chicken or turkey in place of red meat.

Fish & Seafood
2-3 times each week
Choose salmon, sardines, and tuna which are rich in Omega-3 fatty acids.

Herbs & Spices
Use daily
Season foods with herbs, garlic, onions, and spices instead of salt.

Grains
4 or more servings each day
Choose mostly whole grains. 1 serving = 1 slice bread or 1/2 cup cooked oatmeal

Alcohol & Wine
1-2 glasses each day (Men)
1 glass each day (Women)
Always ask your medical team if alcohol is ok for you to consume.

*Serving sizes should be individualized to meet energy and nutrient needs.

Red meats, processed meats, and sweets should be limited.