

Med Diet

Foods

VEGETABLES

- Artichokes
- Asparagus
- Beets
- Bell pepper
- Broccoli
- Brussel sprouts
- Butternut squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumbers
- Eggplant (*aubergine*)
- Fennel
- Garlic
- Kale
- Leeks
- Lemons
- Lettuce
- Mushrooms
- Onions (*all colors*)
- Potatoes
- Pumpkin
- Radishes
- Scallions
- Shallots
- Spinach
- Sultanas

- Sweet Potatoes
- Swiss Chard
- Turnips
- Zucchini (*courgette*)

FRUITS

- Apples
- Apricots
- Avocados
- Bananas
- Blackberries
- Cherries
- Clementines
- Cranberries
- Dates
- Figs
- Grapefruits
- Grapes
- Kiwi Fruits
- Lemons
- Limes
- Mangoes
- Melons
- Nectarines
- Olives
- Oranges
- Passion fruits
- Peaches
- Pears
- Pineapples

- Plums
- Pomegranates
- Raspberries
- Raisins
- Strawberries
- Tangerines
- Tomatoes
- Watermelons

BEANS & LEGUMES

- Bean Sprouts
- Black Beans
- Broad Beans
- Butter Beans
- Chickpeas
- Green Beans
- Kidney Beans
- Lentils
- Nazy Beans
- Peanuts
- Peas
- Pinto Beans
- Runner Beans
- Split Peas
- Soy Beans
- Cumin Seed
- Ground Cumin
- Ground Cinnamon
- Fresh Basil
- Fresh Coriander / Cilantro
- Fresh Parsley
- Fresh Mint
- Rocket / Arugula
- Sumac
- Tumeric

NUTS & SEEDS

- Almonds
- Brazil nuts
- Cashews
- Chia Seeds

- Cranberry Seeds
- Flaxseeds
- Hazelnuts
- Hemp Seeds
- Macadamia nuts
- Peanuts
- Pecans
- Pine nuts
- Pistachios
- Pomegranate seeds
- Pumpkin seeds
- Sunflower seeds
- Walnuts

HERBS & SPICES

- Basil
- Bay leaf
- Black pepper
- Cilantro (*coriander*)
- Cinnamon
- Cloves
- Cumin
- Dill
- Funnel
- Garlic
- Marjoram
- Mint
- Nutmeg
- Oregano
- Parsley
- Paprika
- Rosemary
- Saffron
- Sage
- Savory
- Sumac
- Tarragon
- Thyme
- Turmeric

OLIVE OIL

- Extra virgin olive oil

DAIRY

- Almond milk
- Brie
- Coconut milk
- Cow's milk
- Chevre (*goat's cheese*)
- Feta cheese
- Halloumi
- Manchego
- Oat milk
- Parmigiano-Reggiano
- Pecorino
- Ricotta
- Soy milk
- Yogurt (*including Greek yogurt*)

FISH

- Anchovies
- Bass
- Clams
- Cod
- Crab
- Haddock
- Halibut
- Herring
- Mackerel
- Mussels
- Octopus
- Oyster
- Pike
- Pollock
- Sardines
- Salmon
- Shrimp
- Swordfish
- Tilapia
- Trout

- Tuna

MEAT

- Chicken
- Duck
- Fish
- Turkey
- Lamb (*limit*)
- Beef (*limit*)
- Pork (*limit*)

PANTRY

- Balsamic vinegar
- Canned tomatoes
- Capers
- Honey (*limit*)
- Red wine vinegar
- Tomato paste
- White wine vinegar

PANTRY

- Coffee
- Fruit juices (*limit*)
- Milk
- Red wine (*limit*)
- Tea
- Water