

WHAT TO EAT ON THE MEDITERRANEAN DIET

Whole Grains, Legumes,
Fruit, Vegetables, Healthy
Fats, Herbs & Spices
Enjoy Daily



Fish, Seafood & Omega-3
Rich Food
Enjoy 2-3x/week



Poultry, Eggs & Dairy
Enjoy 1-2x/week



Red Meats & Sweets
Enjoy Sparingly



Physical Activity,
Meal & Family Time
Practice Daily



Mediterranean Diet In A Day For Dummies

Katrin Zwirgmaier



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