



The Mediterranean Diet Grocery List

Whole Grains and Legumes - Tips to Help You Navigate the Grocery Store

- Look for foods that list whole-grain ingredients first
- Look for AHA Whole Grain check mark and Whole Grains Council Stamp
- About 29 grams of whole grains equals a 1 oz serving
- Whole grains include: brown rice, bulgur, oatmeal, whole oats, whole rye, whole wheat
- Choose legumes with a deep color
- Aim to get 4 servings of legumes per week
- Legumes include: cannellini beans, chickpeas, black beans, kidney beans, northern beans, lentils and split peas
- It's ok to buy canned legumes but look for the low sodium option
- Be adventurous! Boost intake *and* enjoyment:
 - Use whole grains in breakfast cereals, alongside grilled or broiled fish or chicken, or made with broth for extra flavor
 - Use legumes in a salad, in dips, on baked potato or in an omelet

A Rainbow of Colorful Fruits

- A diet rich in colorful fruits and vegetables provides the broadest range of beneficial vitamins, minerals and plant nutrients (i.e. polyphenols)
- Dark-skinned blue and purple fruits tend to have lots of natural antioxidant power
- All forms and colors of fruits and vegetables count:
 - Fresh, frozen, dried & 100% juice contribute to fruit intake
 - Enjoy fruit in a smoothie, as a snack or as a dessert
 - Add chopped apples, pears, kiwi or orange segments to any salad
 - 100% grape juice made from Concord grapes is one way to get more purple fruit into the diet



Another Reason to Add Veggies

- Health benefits are linked to cruciferous vegetables, salads (with dressing), tomatoes and dark leafy greens
- Keep your plate colorful and healthful with lots of vegetables:
 - Steam, grill, roast or bake
 - Make vegetables available at all meals - make it more than just a side dish

Seasonal Food Tastes Best!

- Spring: asparagus, artichokes, scallions, peas, rhubarb, strawberries
- Summer: squash, bell peppers, corn, eggplant, herbs, lettuce, tomatoes, berries
- Fall: brussel sprouts, leeks, sweet potatoes, broccoli, apples, grapes, pomegranates
- Winter: collard greens, kale, turnips, fennel, cabbage, parsnips, citrus fruits

Fish for Protein

- Fattier fish are high in omega-3 fatty acids, i.e. salmon, mackerel, tuna, sardines
- White fish are excellent protein sources
- Reduce the stress of preparing fish – keep it simple:
 - Spritz with olive oil, add dill, parsley, squeezed lemon; broil, bake or grill
 - Broil shrimp or scallops over sautéed garlic & oil, toss in fresh tomatoes and spinach
 - Use canned salmon, tuna or sardines in a salad or make a sandwich with them
 - Mix tuna & salmon with beans and a whole grain
 - Serve tuna with chopped tomatoes, red onion, black beans, whole wheat pasta and balsamic vinegar and olive oil



Relax with a Glass of Red Wine

- Several studies have looked at the benefits of moderate wine consumption with meals
- Daily moderate wine consumption =
 - 1 glass (5 oz) for woman
 - 2 glasses (10 oz) for men
- 100% grape juice made from Concord grapes can be a great option for non-drinkers

The Fat Swap

- Build meals with the use of healthy fats:
 - Decrease solid fat intake and replace this with olive or canola oils
 - Include avocados, nuts and omega-3 rich fish
- 2005 Dietary Guidelines recommend low-fat or fat-free milk, cheese and yogurt.
- Fat helps keep you satiated so you don't overeat