## Common Foods & Flavors of the Mediterranean Diet

### Vegetables & Tubers
- artichokes, arugula, beets, broccoli, brussels sprouts, cabbage, carrots, celery, celeriac, chicory, collard, cucumber, dandelion, greens, eggplant, fennel, kale, leeks, lettuce, mâche, mushrooms, mustard, greens, nettles, okra, onions (red, sweet, white), peas, peppers, potatoes, purslane, radishes, rutabaga, scallions, shallots, spinach, sweet potatoes, turnips, zucchini

### Fruits
- avocados, apples, apricots, cherries, clementines, dates, figs, grapefruit, grapes, lemons, melons, nectarines, olives, oranges, peaches, pears, pomegranates, pumpkin, strawberries, tangerines, tomatoes

### Nuts, Seeds, & Legumes
- almonds, beans (cannellini, chickpeas, fava, green, kidney), cashews, hazelnuts, lentils, pine nuts, pistachios, sesame seeds (tahini), split peas, walnuts

### Grains
- breads, barley, buckwheat, bulgur, couscous, durum, farro, freekeh, millet, oats, polenta, rice, wheat berries

### Fish & Seafood
- abalone, cockles, clams, crab, eel, flounder, lobster, mackerel, mussels, octopus, oysters, salmon, sardines, sea bass, shrimp, squid, tilapia, tuna, whelk, yellowtail

### Herbs & Spices
- anise, basil, bay leaf, chiles, clove, cumin, fennel, garlic, lavender, marjoram, mint, oregano, parsley, pepper, pul biber (Aleppo pepper), rosemary, sage, savory, sumac, tarragon, thyme, za’atar

### Sweets
- treats made with fruits, nuts, whole grains, and minimal sugars
- baklava, biscotti, crème caramel, chocolate, gelato, kunefe, lokum (Turkish delight), mousse au chocolat, sorbet

### Cheese & Yogurt
- Brie, Chevre, Corvo, feta, Halloumi, Manchego, Parmigiano-Reggiano, Pecorino, ricotta, Greek yogurt

### Poultry & Eggs
- chicken, duck, guinea fowl, quail
- chicken eggs, duck eggs, quail eggs

### Meats
- beef, goat, lamb, mutton, pork