

Common Foods and Flavors of The Mediterranean Diet Pyramid

Vegetables & Tubers	Artichokes, Arugula, Beets, Broccoli, Brussels Spouts, Cabbage, Carrots, Celery, Celeriac, Chicory, Collard Cucumber, Dandelion Greens, Eggplant, Fennel, Kale, Leeks, Lemons, Lettuce, Mache, Mushrooms, Mustard Greens, Nettles, Okra, Onions, (red, sweet, white) Peas, Peppers, Potatoes, Pumpkin, Purslane, Radishes, Rutabega, Scallions, Shallots, Spinach, Sweet Potatoes, Turnips, Zucchini
Fruits	Avocados, Apples, Apricots, Cherries, Clementines, Dates, Figs, Grapefruit, Grapes, Oranges, Melons, Nectarines, Olives, Peaches, Pears, Potatoes, Pomegranates, Strawberries, Tangerines, Tomatoes
Grains	Breads, Barley, Buckwheat, Bulgur, Couscous, Durum, Farro, Millet, Oats, Polenta, Rice, Wheatberries
Fish & Seafood	Abalone, Cockles, Clams, Crab, Eel, Flounder, Lobster, Mackerel, Mussels, Octopus, Oysters, Salmon, Sardines, Sea Bass, Shrimp, Squid, Tilapia, Tuna, Whelk, Yellowtail,
Poultry, Eggs, Cheese, & Yogurt	Chicken, Duck, Guinea Fowl Eggs (Chicken, Quail, and Duck) Cheeses (Examples Include: Brie, Chevre, Corvo, Feta, Haloumi, Manchego, Parmigiano-Reggiano, Pecorino, Ricotta) Yogurt, Greek Yogurt
Nuts, Seeds, & Legumes	Almonds, Beans (Cannellini, Chickpeas, Fava, Kidney, Green), Cashews, Hazelnuts, Lentils, Pine Nuts, Pistachios, Sesame Seeds (Tahini), Split Peas, Walnuts
Herbs & Spices	Anise, Basil, Bay Leaf, Chiles, Clove, Cumin, Fennel, Garlic, Lavender, Marjoram, Mint, Oregano, Parsley, Pepper, Pul Biber, Rosemary, Sage, Savory, Sumac, Tarragon, Thyme, Zatar
Meats & Sweets	Pork, Beef, Lamb, Mutton, Goat Sweets (Examples include: Baklava, Biscotti, Creme Caramel, Chocolate, Gelato, Fruit Tarts, Kunefe, Lokum, Mousse Au Chocolat, Sorbet, Tiramisu)
Water & Wine	Drink Plenty Of Water Wine In Moderation