Mediterranean Diet Pyramid

- **Fruits, Vegetables, Grains (mostly whole), Olive oil, Beans, Nuts, Legumes and Seeds, Herbs and Spices**: Base every meal on these foods.
- **Fish and Seafood**: Often, at least two times per week.
- **Poultry, Eggs, Cheese, and Yogurt**: Moderate portions, daily to weekly.
- **Meats and Sweets**: Less often.
- **Drink Water**
- **Wine**: In moderation.

Illustration by George Middleton

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