

Mediterranean Diet Shopping List

Vegetables & Fruits

- ✓ Choose a variety of colors
- ✓ Shop local and in season for best nutrients in fresh choices
- ✓ Frozen, canned, and dried will work, too!

Vegetables

- Asparagus
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Corn
- Cucumbers
- Eggplant
- Green beans
- Greens (kale, spinach, collards, arugula, lettuces)
- Mushrooms
- Onions
- Peas
- Peppers
- Potatoes - white, sweet
- Tomatoes
- Winter squashes
- Yellow summer squash
- Zucchini

Fruits

- Apples
- Apricots
- Avocado
- Bananas
- Berries
- Cherries
- Clementines
- Dates

- Figs
- Grapefruit
- Grapes
- Mandarins
- Melons
- Oranges
- Pears
- Peaches
- Plums – fresh or dried
- Raisins

Whole Grains

- ✓ Mix and match for quick and easy sides, grain bowls or simple grain stir-fries.
- ✓ Look for quick-cooking or ready-to-eat pouches or packages to keep preparation simple and easy.

- Barley
- Brown rice
- Buckwheat
- Bulgur
- Dried corn
- Farro
- Quinoa
- Rolled Oats or Oatmeal
- Wheat berries
- Whole-grain breads
- Whole-grain cereal
- Whole-grain cornmeal, polenta or grits
- Whole-grain Couscous
- Wild rice

Other Mediterranean Diet Staples

- Canola, sunflower or corn oil
- Eggs
- Hummus
- Olive oil
- Olives

Fish

- ✓ **Fish are a cornerstone of the Mediterranean diet.**
- ✓ **Aim to eat more fish than other meat protein sources.**
- ✓ **Use [Seafood Watch](#) recommendations to help determine the best choices for the environment.**
 - Salmon, tuna, lake trout, whitefish, mackerel, herring and sardines – canned, frozen or fresh
 - Other seafood as desired

Poultry

- ✓ **These lean meats are welcome in the Mediterranean diet, but eat them less often.**
 - Chicken
 - Turkey

Meat

- ✓ **Eat these protein-rich meats once in a while, too.**
- ✓ **Combine a small portion with whole grains and vegetables for a balanced meal.**
 - Beef
 - Lamb (a few times per month or less)
 - Pork

Dairy

- ✓ **Dairy is welcome on the Mediterranean diet, in moderation.**
 - Plain kefir, or low sugar varieties
 - Plain yogurt and Greek yogurt
 - Unprocessed cheeses like feta, Brie, ricotta and Parmesan

Nuts, Seeds & Legumes

- ✓ **Choose a variety as desired for snacks, salad toppers and more.**
- ✓ **Add to soups and casseroles.**
 - Chickpeas (garbanzo beans)
 - Kidney beans
 - Navy, black, great northern, pinto, cannellini and other beans
 - Lentils
 - Peanut butter, almond butter, soy-nut butter, cashew butter and other nut butters
 - Peanuts
 - Pumpkin seeds, sunflower seeds, sesame seeds
 - Walnuts, almonds, hazelnuts, cashews, pecans and pine nuts

Herbs & Spices

- ✓ **Instead of relying on the saltshaker, buy a variety of these to spice up your meals.**
- ✓ **Fresh herbs are delicious, but dried herbs and spices work, too, just cut back on the amount.**
 - Basil
 - Cinnamon
 - Cumin
 - Garlic
 - Mint
 - Oregano
 - Paprika
 - Parsley
 - Rosemary
 - Sage