
























Start Date : \_\_\_\_\_ End Date : \_\_\_\_\_

| Mediterranean diet foods   | M | T | W | R | F | Sa | Su | Daily avg. |
|--|---|---|---|---|---|----|----|------------|
|  Grains/potato 4-6  |   |   |   |   |   |    |    |            |
|  Vegetables  4-8 |   |   |   |   |   |    |    |            |
|  Fruit 2-4  |   |   |   |   |   |    |    |            |
|  Legumes/soy 1-2  |   |   |   |   |   |    |    |            |
|  Nuts/seeds 1-2   |   |   |   |   |   |    |    |            |
|  Yogurt/cheese 1-3  |   |   |   |   |   |    |    |            |
|  Fats (Olive Oil!) 3-6  |   |   |   |   |   |    |    |            |
|  Red wine/Dark Chocolate 1  |   |   |   |   |   |    |    |            |
|  Fish 2/week  |   |   |   |   |   |    |    | /wk        |
|  Poultry 1-2/week   |   |   |   |   |   |    |    | /wk        |
|  Eggs 2-4/week  |   |   |   |   |   |    |    | /wk        |
|  Sweets 1/week  |   |   |   |   |   |    |    | /wk        |
|  Meat 1-2/month   |   |   |   |   |   |    |    | /mo        |

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Serving sizes:

|  |  |
|--|--|
|  Grains/potato  | ½ cup/4 oz.; 1 oz. dry rice, 2 T. unpopped popcorn; ½ cup cooked cereal; 1 slice bread |
|  Vegetables  | Non-leafy: 1 cup/4oz.; Leafy greens: 2 cups/3 oz.                                      |
|  Fruit  | Berries/Melon: 1 cup/4 oz/115 g.; Dried: ¼ cup; Whole fruit: 1 small                   |
|  Beans/legumes  | Cooked: ½ cup; Refried: ¼ cup; Tofu: 5 oz/150 g.; Soy milk: 1 cup/8 oz.                |
|  Nuts/seeds   | Nuts: 1 oz.; Seeds: 2 T. sesame or sunflower; Nut Butter: 1 T.                         |
|  Yogurt/cheese  | Greek Yogurt: 1 cup/220 grams; Fermented Cheese: 1 oz.                                 |
|  Fats 25-35% cal.   | Olive Oil: 1 Tablespoon; Light Dressing: 2 T.; Avocado: ⅓ or 50 g.                     |
|  Fish/Poultry/Meat  | 3 oz.  |