

Easy Mediterranean Meal Guide

Consult your health care provider before beginning any diet or exercise plan

Eating 'heart healthy' does not mean you have to limit your choices. Follow the meal guide below to get a sense of what types of food to eat and how much is in a serving size. Once you have incorporated this eating plan into your every day lifestyle you can change it up to suit your tastes.

Breakfast	Snack	Lunch	Snack	Dinner
Grain.....2 servings	Nuts & seeds1 serving	Grain...2 servings	Nuts & seeds 1 serving	Grain...2 servings
Fruit.....1 serving	Fruit or Vegetable 1-2 servings	Vegetable 2 Servings	Fruit or Vegetable 1-2 servings	Vegetable... 2 servings
Protein...1 serving		Protein...1 serving		Protein...1 serving
Dairy.....1 serving		Dairy.....1 serving		Dairy.....1 serving

Oils (5 – 7 teaspoons per day)

Stay away from saturated and trans fats replace them with healthy, monounsaturated fats.

- Olive & canola oils

Fruits (2-4 servings per day)

Limit your intake of fruit juice. Whole, antioxidant rich fruits are a healthier choice, they have more nutrients and less sugar

- Berries: ½ cup
- Apple: 1 small (2.5 inches)
- Banana: 1 small (< 6 inches)
- Grapes: 16 seedless
- Orange: 1small (2.5 inches)
- Dried fruits : 1/4 cup
- Canned, no sugar added: ½ cup
- Sliced: ½ cup
- Whole fruit: 1 tennis ball size
- 100% fruit juice: ½ cup

Nuts & Seeds

Enjoy walnuts, almonds, peanuts, pumpkin seeds, sunflower seeds, natural nut butters, etc. Stay away from honey roasted/salted varieties.

Nuts & seeds: ¼ cup
Nut butters: 2 tablespoons

Grains, Beans and Legumes, Pasta, Rice and Potatoes (5-9 servings per day)

Choose whole grains (whole wheat bread, pasta and crackers; brown rice and sweet potatoes)

- Wheat bread: 1 slice
- English muffin: 1 half
- Waffles: one
- Pancakes: 2 small
- Tortillas: 6 inches
- Pasta, rice: ½ cup cooked
- Baked beans: ½ cup cooked
- Legumes or corn: ½ cup cooked
- Cold cereal: 1 oz. (see package)
- Hot cereal: ½ cup cooked
- Potato: 1 - 3 oz.
- Popcorn: 3 cups popped
- Pretzels: 1 oz. (approx. 10)

Vegetables (4-8 servings per day)

Choose antioxidant rich, green leafy vegetables such as kale, spinach, Brussel sprouts, broccoli, spring mix, asparagus, etc..

- Cooked: ½ cup
- Raw: 1 cup
- Tofu: ½ cup
- Vegetable juice: 6 oz.

Protein

Each week you should have 1-3 servings of fish, several servings of poultry and 1-2 servings of red meat. Watch your serving size! The portions may be smaller than you are used to.

- Eggs: 1 per day (no limit on egg whites or egg substitute)
- Fish: 5 oz. cooked (salmon, tuna, trout, cod, mackerel, herring)
- Shellfish: 3 oz.
- Shrimp: 8-10 large
- Scallops: 15 small
- Poultry: 3 oz. cooked (skinless white meat chicken or turkey)
- Red meat: 3 oz. cooked (lean beef, eye of round, London broil, flank steak and pork loin)

Dairy (3 servings per day)

Choose 2% cheese, 1% skim milk, low-fat cottage cheese and low-fat yogurt.

- Milk or soymilk: 8 oz.
- Cheese: 1 oz
- Parmesan cheese: 2 tablespoons
- Cream cheese: 2 tablespoons
- Yogurt: 6-8 oz
- Frozen yogurt/ice cream ½ cup