

The Mediterranean diet does not limit calories. Instead, it provides guidelines for what foods you should eat more of and what foods you should eat less of.

Every day:

- Eat several serving of plant foods. These include fruits and vegetables, potatoes, breads, and whole grains, beans nuts, and seeds. Eat fresh rather than canned or frozen foods when possible.
- Use olive oil for cooking and salad dressings. You can have up to 35% of your calories from fats, including olive and other vegetable oils. However, limit the amount you eat of saturated fats like butter, margarine, lard, animal fat, including "partially hydrogenated" oils.
- Have a small amount of cheese and yogurt. look for low-fat and non-fat types.
- If alcohol is not a problem for you, have one (for women) or two (for men) glasses of red wine with dinner. If alcohol is not a good idea for you, try adding grape juice to your diet instead.

Every week:

- Eat some fish and poultry. Avoid chicken and turkey skin.
- Eat no more than 4 eggs a week, including eggs used in cooking.
- Eat no more than 2 or 3 sweets or desserts that contain sugar or honey. Try fresh fruit or sweets made with fruit concentrate instead.

Every month:

- Eat no more than 12 to 16 ounces of red meat. Lean meat is preferable.