

# COMMON FOODS & FLAVORS OF THE **MEDITERRANEAN DIET**

## **Vegetables & Tubers**

Artichokes, Arugula, Beets, Broccoli, Brussels, Sprouts, Cabbage, Carrots, Celery, Celeriac, Chicory, Celery, Celeriac, Chicory, Collard cucumber, Dandelion greens, Eggplant, Fennel, Kale, Leeks, Lettuce, Mache, Mushrooms, Mustard greens, Nettles, Okra, Onions, (red, sweet, white), Peas, Peppers, Potatoes, Purslane, Radishes, Rutabaga, Scallions, Shallots, Spinach, Sweet potatoes, Turnips, Zucchini.

## **Grains**

Breads, Barley, Buckwheat, Bulgur, Couscous, Durum, Farro, Freekeh, Millet, Oats, Polenta, Rice, Wheat berries

## **Poultry & Eggs**

Chicken, Duck, Guinea fowl, Quail chicken eggs, Duck eggs, Quail eggs

## **Fruits**

Avocados, Apples, Apricots, Cherries, Clementines, Dates, Figs, Grapefruit, Grapes, Lemons, Melons, Nectarines, Olives, Oranges, Peaches, Pears, Pomegranates, Pumpkin, Strawberries, Tangerines, Tomatoes

## **Fish & Seafood**

Abalone, Cockles, Clams, Crab, Eel, Flounder, Lobster, Mackerel, Mussels, Octopus, Oysters, Salmon, Sardines, Sea bass, Shrimp, Squid, Tilapia, Tuna, Whelk, Yellowtail

## **Sweets**

Treats made with fruits, Nuts, Whole grains, And minimal sugars baklava, Biscotti, Creme caramel, Chocolate, Gelato, Kunefe, Lokum (Turkish delight), Mousse au chocolate, Sorbet

## **Nuts, Seeds, & Legumes**

Almonds, Beans (Cannellini, chickpeas, fava, green, kidney), Cashews, Hazelnuts, Lentils, Pine nuts, Pistachios, Sesame seeds (tahini), Split peas, Walnuts

## **Herbs & Spices**

Anise, Basil, Bay leaf, Chiles, Clove, Cumin, Fennel, Garlic, Lavender, Marjoram, Mint, Oregano, Parsley, Pepper, Pul biber (Aleppo pepper), Rosemary, Sage, Savory, Thyme, Za'atar

## **Cheese & Yogurt**

Brie, Chevre, Corvo, Feta, Halloumi, Manchego, Parmigiano-Reggiano, Pecorino, Ricotta, Greek yogurt

## **Meats**

Beef, Goat, Lamb, Mutton, Pork