

# Mediterranean Diet Shopping List

## Vegetables

The Mediterranean lifestyle focuses on the use of seasonal fresh vegetables. Frozen and canned veggies that are low-sodium are also okay to consume.

### Must-have

- Garlic
- Onions/Spring Onions
- Leafy Greens
- Tomato (fresh, canned, sauce)

### Other

- Asparagus
- Artichokes
- Beets
- Bell Peppers
- Broccoli
- Cabbage
- Carrots
- Eggplant
- Green Beans
- Mushrooms
- Olives
- Peas
- Squash

## Nuts and Seeds

Nuts and seeds are used in cooking and also as snacks. They are a good source protein, fiber, and healthy fats.

- Walnuts
- Almonds
- Cashews
- Flax
- Peanuts
- Pine Nuts
- Pumpkin Seeds
- Sunflower Seeds

## Dairy and Eggs

In the Mediterranean lifestyle, dairy, including a variety of cheeses, are enjoyed in moderation. Choose traditional "real" cheese and avoid highly processed cheeses.

- Yogurt (Greek yogurt preferred)
- Cheeses such as feta, ricotta and fresh mozzarella, burrata, Parmesan
- Eggs, Preferably organic, free range

## Fruits

Fruits are good source of energy and helpful to weight control, include fresh fruit, dried fruit, and frozen without added sugars.

- Apples
- Apricots
- Avocados
- Bananas
- Berries
- Cherries
- Dates
- Figs
- Grapes
- Lemons
- Melon
- Oranges
- Peaches
- Plums
- Pomegranates

## Herbs and Spices

Perhaps the most exciting part about eating the Mediterranean way is the generous use of fresh herbs and quality spices, which add bold and exciting flavor " without the use of too much salt nor adding extra fat.

- Basil
- Bay Leaves
- Cilantro
- Mint
- Parsley
- Oregano

Spices such as Aleppo pepper, Allspice, cumin, coriander, harissa, paprika, sumac, turmeric, za'atar and more.

## Grains and Such

Among other benefits, grains are a good source of fiber, vitamin Bs, and minerals. As much as possible, use wholegrain product, which are said to help with weight management and reduce the risk of heart diseases.

- Barley
- Bulgur
- Freekah
- Couscous
- Oatmeal
- Pasta
- Polenta
- Quinoa
- Rice
- Breads