

Food Choices & Serving Sizes

Advanced Mediterranean Diet
www.AdvancedMediterraneandiet.com

Grains (100 cal)

1 slice bread, whole grain
¼ cup (60 ml) Post grape-nuts
1 cup (240 ml) Cheerios
½ cup (120 ml) raisin bran
1 oz (30 g) shredded wheat cereal, plain
5 Triscuit Original crackers
3 Ry Krisp Natural crackers
½ cup (120 ml) whole wheat pasta, cooked
½ cup (120 ml) cooked brown rice
1 tortilla, whole grain
½ cup (120 ml) dry oats, whole grain
100 calorie serving of any whole grain breakfast cereal or cracker containing at least 3 grams of fiber

Vegetables (60 cal)

1 cup (240 ml) asparagus, green beans, beets, Brussels sprouts, broccoli, carrots, cauliflower, okra, onions, tomatoes, winter squash, canned or boiled spinach
1½ cup (360 ml) summer squash, raw spinach, boiled collard greens, boiled turnip greens, boiled kale, boiled mustard greens
¼ cup (60 ml) cooked dry beans (kidney, pinto, black-eyed peas, lentils, white beans, lima, refried, chickpeas)
10 fl oz (300 ml) vegetable juice
½ sweet potato, medium
2 carrots, medium
2 cup turnips, boiled, cubed
10 olives, green, medium
10 olives, black, ripe, medium
¼ avocado
½ cup (120 ml) water chestnuts

½ cup (120 ml) green peas
2 tomatoes, medium
1 artichoke, medium
6 tbsp (90 ml) tomato paste
1 cup (240 ml) tomato sauce

Fruits (80 cal)

1 medium apple, banana, orange, pomegranate, peach
1 cup (240 ml) strawberries, blueberries, blackberries, grapes, cubed honeydew or watermelon
½ cup (120 ml) applesauce (unsweetened)
2 tangerines
1/8 cup or 1 oz (30 ml or 30 g) raisins
½ cantaloupe or grapefruit
2 plums, medium
12 cherries, raw
½ cup (120 ml) fruit juice

4 dates
4 oz wine

Fats (110 cal)

1 tbsp (15 ml) oil (esp. olive, canola, flaxseed, soybean)
1-2 tbsp (15-30 ml) salad dressing (read label to get 110 cal)
4 tsp (20 ml) bacon bits
2 slices (16 g) pork bacon, cooked
½ oz (15 g) almonds, butternuts, cashews, hazelnuts, macadamia nuts, peanuts, pistachios, soybean nuts, walnuts, pecans, sunflower seeds, pumpkin seeds
1 tbsp (15 ml) mayonnaise
1 tbsp (15 ml) Smart Balance Buttery Spread
1 tbsp (15 ml) butter
2 tbsp (30 ml) Miracle Whip Dressing
2 tbsp (30 ml) cream, heavy
2 tbsp (30 ml) cream cheese

Milk Products (110 cal)

1 oz (30 g) regular cheese
1 cup (240 ml) skim or low-fat milk
¾ cup (180 ml) whole milk
½ cup (120 ml) yogurt, plain, regular, not low-fat
½ cup (120 ml) cottage cheese, regular, not low-fat
4 tbsp (60 ml) grated Parmesan cheese
110 calorie serving of any cheese, milk, or yogurt (find cream cheese in Fats category)

Proteins (200 cal)

3 ½ oz (100 g) lean beef ("select" or "choice" grade of top round, top sirloin, or sirloin tip)
3 ½ oz (100 g) lean (loin/leg) pork, lamb, veal, lean ham
4 oz (110 g) chicken or turkey, light meat, without skin
4 oz (110 g) cold-water fatty fish (e.g., albacore/white tuna, herring, mackerel, salmon, sardines, trout, halibut, sea bass, swordfish), or other fish if cold-water fatty fish not available
¾ cup (180 ml) cooked dry beans (e.g., kidney, pinto, white, black-eyed peas, lentils, refried), split peas, chickpeas, soybeans, lima beans
1 oz (30 g) almonds, butternuts, cashews, hazelnuts, macadamia nuts, peanuts, pistachios, soybean nuts, walnuts, pecans, sunflower seeds, pumpkin seeds
4 oz (100 g) buffalo, deer, elk, wild rabbit, ostrich, goat, or squirrel
6 oz (170 g) shrimp
6 oz (170 g) lobster
2 tbsp (30 ml) peanut butter
2 chicken eggs, any size
½ cup (120 ml) tofu, raw, firm
1 cup (240 ml) tofu, raw
200 calorie serving of any meat, beef, poultry, fish, pork, lamb, or mutton

MAKE IT MEDITERRANEAN!

- Favor fish and poultry over red meat.
- Aim to incorporate 7 to 14 tbsp (100 to 200 ml) olive oil weekly.
- Eat 3 to 5 1-oz (30-g) servings of nuts per week.
- Optional: Drink 4 oz (120 ml) of wine daily.
- Eat at least 2 servings of fish per week.