# Mediterranean Diet Shopping List

## Grains
Choose mostly whole grain choices. These contain the word “whole” as the first ingredient. Ex: “whole wheat.”
- Pasta
- Bread
- Rice
- Polenta
- Cereals
- Oatmeal
- Crackers
- Couscous
- Bulgur
- Pita
- Barley

## Seafood
Salmon and other oily fish contain healthy Omega-3s.
- Salmon
- Shrimp
- Cod
- Scallops
- Clams
- Tilapia
- Tuna
- Crab

## Healthy Oils/Fats
Store oils in a cool, dark place to make them last longer.
- Olive (Extra-Virgin)
- Avocado
- Canola
- Grape seed

## Herbs and Spices
Fresh herbs and spices add flavor without adding fat or salt.
- Garlic
- Basil
- Cilantro
- Parsley
- Mint
- Cumin
- Coriander
- Oregano

## Beans
Beans add fiber and protein to meal. Eat them in place of red meat at least once a week.
- Chickpeas (Garbanzo)
- Hummus
- White (Cannellini)
- Black
- Pinto
- Lentil

## Nuts and Seeds
Both are a source of protein, fiber, and healthy fats. Stick to a handful a day because they are high in calories.
- Walnuts
- Almonds
- Peanuts
- Pine nuts
- Cashews
- Sunflower seeds
- Flax

## Fruits
Fresh fruits are important for weight control and good health. Frozen fruit and canned varieties without added sugars are also good choices.
- Apples
- Bananas
- Grapes
- Oranges
- Cherries
- Blueberries
- Kiwis
- Strawberries
- Pomegranate
- Plums
- Peaches
- Avocados

## Vegetables
Fresh veggies are important for weight control and good health. Frozen and low-sodium canned veggies are also good choices.
- Tomatoes (fresh, canned, and sauce)
- Broccoli
- Spinach
- Carrots
- Red / Green Peppers
- Mushrooms
- Green beans
- Eggplant
- Zucchini
- Squash
- Olives
- Onions
- Peas

## Miscellaneous
Include other pantry essentials and home goods, like cleaning supplies, so you don’t forget!

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## DAIRY/EGGS
- Low-fat milk
- Yogurt
- Cheese
- Eggs