

# Mediterranean Diet Checklist

Check off the boxes as you eat the portions listed from each group.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Grains</b>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Dairy</b>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	
<b>Veggies</b>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Fruits</b>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Olives, nuts, or seeds</b>	<input type="checkbox"/> +	<input type="checkbox"/> +	<input type="checkbox"/> +	<input type="checkbox"/> +	<input type="checkbox"/> +	<input type="checkbox"/> +	<input type="checkbox"/> +	
<b>Olive oil</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Potatoes</b>				<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				
<b>Legumes</b>				<input type="checkbox"/> <input type="checkbox"/> +				
<b>Eggs</b>				<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				
<b>Seafood</b>				<input type="checkbox"/> <input type="checkbox"/> +				
<b>Red Meat</b>				<input type="checkbox"/> <input type="checkbox"/>				
<b>White Meat</b>				<input type="checkbox"/> <input type="checkbox"/>				
<b>Processed Meat</b>				<input type="checkbox"/>				
<b>Sweets</b>				<input type="checkbox"/> <input type="checkbox"/>				

**Key:**  = minimum       = optional      + = no limit

## Portion Guide

### Grains/Starch 1 box is equal to:

1 slice bread  
½ cup cooked pasta/rice  
½ cup potatoes  
1 cup cereal  
½ cup or 1 cob corn  
½ English muffin,  
hamburger bun or bagel

### Dairy 1 box is equal to:

1 cup (8 oz) milk  
1 cup (8 oz) plain yogurt  
2 thin slices cheese  
1 string cheese stick  
(Dairy alternatives count if  
fortified with calcium +  
vitamin D)

### Veggies 1 box is equal to:

½ cup cooked vegetables  
½ cup raw vegetables  
1 cup leafy greens  
1 cup (8 oz) vegetable juice

### Fruits 1 box is equal to:

½ tennis ball-sized fruit  
½ medium banana  
½ cup canned or fresh fruit  
½ cup (4 oz) 100% juice  
¼ cup dried fruit

**Red Meat:** 3-5 ounces beef per box

**White Meat:** 3-5 ounces chicken or pork per box

**Processed Meat:** 3-5 ounces mechanically altered meat (ground, sliced, etc) that *also* contains additives (preservatives, fat, flavoring, etc) per box. **Includes:** ham, bacon, sausage, deli meat, etc.

**Sweets:** Mediterranean diet recommendations do not provide a clear definition for this. Beverages or food items heavily sweetened with sugar are likely included in this category.

**Note:** Wine is also included in moderation on the Mediterranean Diet. This is defined as ½ cup (4 oz) per day or less for women, and 1 cup (8 oz) per day or less for men.