



FamilyMedicalDoctors

SPECIALTY DIET GUIDE

# Mediterranean Diet

A flexible, plant-forward pattern for everyday health

**Build meals from colorful whole foods, quality protein, and minimally processed fats.**

## START WITH THIS PLATE

- 1 Fill about half your plate with vegetables.
- 2 Add beans or fish and a modest whole-grain portion.
- 3 Choose real-food fats such as olive or avocado oil, butter, coconut oil, or tallow.



## CHOOSE MORE OFTEN

- Vegetables and whole fruit
- Beans, lentils, nuts, and seeds
- Whole grains
- Fish, eggs, and minimally processed meats
- Olive, avocado, or coconut oil; butter or tallow
- Plain full-fat dairy and cheese

## LIMIT OR CHECK FIRST

- Highly refined vegetable and seed oils
- Deep-fried foods and repeatedly heated oils
- Ultra-processed foods and processed meats
- Refined grains, sweets, and sugary drinks
- Excess sodium



## WHY THESE CHOICES MATTER

Whole plant foods provide fiber for digestion, steadier glucose, and healthier cholesterol. Real-food fats - including olive and avocado oils, eggs, full-fat dairy, butter, coconut oil, and tallow - can fit in a healthy pattern. Portion needs and lipid response differ by person.

## AN EASY DAY

Breakfast: plain full-fat yogurt, berries, oats, walnuts. Lunch: chickpea-quinoa salad with olive oil and lemon. Dinner: salmon, roasted vegetables, farro. Snack: fruit or a small handful of nuts.

## CHECK WITH YOUR CLINICIAN

Wine is optional, not required. If you do not drink, do not start for health reasons. Portions still matter for weight and glucose goals.