

# Help Your Heart with the **MEDITERRANEAN**



**DIET**  
Salmon, Tuna, Mackerel

**Fish: 3 servings/week**

Apples, Bananas, Figs, Strawberries, Grapes



**Fruit: 3 servings/day**



Brown Rice, Oats, Whole Grain Pasta/Bread

**Whole Grains: 3-6 servings/day**

Almonds, Walnuts, Hazelnuts, Pistachios, Pine Nuts



**Nuts: 3 servings/week**



Broccoli, Cucumber, Zucchini, Acorn Squash

**Vegetable: 3 servings/day**

Chickpeas, Lentils, Kidney Beans

**Legumes: 3 servings/week**

