

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