



Mediterranean Diet Staples

Keep these items on hand to incorporate the Mediterranean diet into your everyday eating - in addition to fresh fruit, vegetables and fish

Canned Fish:

Tuna, Salmon, Sardines, Clams & Anchovies

Dried Fruits:

Apricots, Blueberries, Cherries, Cranberries, Figs, Raisins, & Prunes

Raw & Roasted

Nuts:

Walnuts, Almonds, Cashews, Pine nuts, & Pistachios

Whole Grains:

Bread, Pasta, Rice, Crackers, Cornmeal, Millet, Farro, & Polenta

Nut & Seed Butters:

Peanut butter, Almond butter, Sunflower butter, & Tahini

Beans:

Chickpeas, Kidney beans, Fava beans, Lentils, & Cannellini beans

Tomatoes:

Canned, Paste, Sauce, & Sundried

Cheeses:

Brie, Feta, Parmesan, & Ricotta

Others:

Olives, Olive Oil, Hummus, Plain Greek yogurt, Onions & Garlic

Herbs & Spices:

- Basil
- Bay leaves
- Black pepper
- Crushed red pepper
- Cumin
- Curry powder
- Dill
- Garlic powder
- Ginger
- Italian seasoning
- Oregano
- Paprika
- Rosemary
- Sage
- Saffron
- Sesame seed
- Thyme
- Turmeric
- Za'atar

