

WHAT SHOULD I EAT?!

OUR 3-STEP GUIDE TO CHOOSING THE BEST MEDITERRANEAN DIET FOODS FOR YOUR BODY

This easy-to-use chart shows you how to make healthier nutrition choices for achieving your goals, while enjoying the plant-based foods you love.

Mediterranean diet edition



KNOW YOUR FOODS

Nutritional value varies, but don't think of food as "good" or "bad." Seeing it on a spectrum from "eat more" to "eat less" helps you make better choices without branding anything off-limits.

EAT MORE

PROTEIN



Eggs and egg whites



Fish



Shellfish



Chicken



Duck breast and thighs



Turkey



Plain Greek yogurt



Cultured cottage cheese



Tempeh



Tofu



Edamame



Insects



Beans and lentils*

*These only count as your protein source if a more protein-rich option (such as above) is not in the meal. Otherwise, they count as a carbohydrate source (as they contain more carbohydrates than protein).

CARBS



Beans and lentils



Steel-cut, rolled, and old-fashioned oats



Buckwheat



Quinoa



Whole-grain, black, and wild rice



Sorghum



Farro



Millet



Potatoes



Amaranth



Plain non-Greek yogurt



Plain kefir



Fresh and frozen fruit



Corn



Barley



Sweet potatoes



Taro



Yuca



Whole or sprouted grain bagels, breads, English muffins, pastas, and wraps

FATS



Extra virgin olive oil



Walnut oil



Marinades and dressings with oils in this category



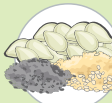
Avocado and avocado oil



Cheese, aged > 6 months



Egg yolks



Seeds: chia, flax, hemp, pumpkin, and sesame



Cashews



Pistachios



Almonds



Brazil nuts



Pecans



Peanuts & natural peanut butter



Olives



Pesto made with extra virgin olive oil



Nut butters from other nuts in this category



Fresh unprocessed coconut



Walnuts

Prioritize lean, minimally-processed sources of protein.

Focus on whole, minimally-processed sources of carbohydrates that pack lots of nutrition and fiber, and include a mix of starches and colorful fruits.

Aim for a mix of whole-food fats (like nuts and seeds), blended whole foods (like nut butters), and pressed oils (like olive and avocado).

EAT SOME

PROTEIN



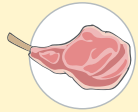
Uncultured cottage cheese



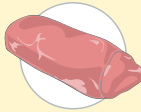
Beef



Bison



Lamb



Pork



Wild game



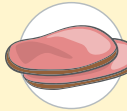
Other meats: goat, camel, kangaroo, crocodile



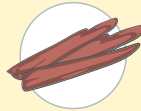
Minimally-processed lean deli meat



Textured vegetable protein



Canadian bacon



Meat jerky



Poultry sausage



Protein powders



Seitan



Tempeh bacon



Bean and veggie burgers*

*These only count as your protein source if a more protein-rich option (such as above) is not in the meal. Otherwise, they count as a carbohydrate source (as they contain more carbohydrates than protein).

CARBS



Couscous



White rice



Granola



Instant or flavored oats



Milk



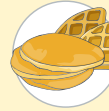
Vegetable juices



Flavored yogurt



Flavored kefir



Pancakes and waffles



Whole-grain crackers



Oat-based granola bars



Canned, dried, and pureed unsweetened fruit



Bean and pulse pasta



White bagels, breads, English muffins, pastas, and wraps

FATS



Virgin and light olive oil



Expeller pressed canola oil



Sesame oil



Flaxseed oil



Coconut oil / milk



Fish and algae oil



Dark chocolate



Marinades and dressings with oils in this category



Peanut oil and regular peanut butter



Cream



Cheese aged <6 months



Flavored nuts and nut butters



Trail mix

Often rich in carbohydrates as well, with sources of varying quality.



High oleic safflower oil



High oleic sunflower oil

These naturally-bred oils are high in heart-healthy monounsaturated fats and contain little saturated fats and no trans fats.

EAT LESS

PROTEIN



Fried meats



Chicken fingers, nuggets, and wings



High fat ground meat



High-fat sausages



Processed soy



Processed deli meats



Protein bars



Pepperoni sticks



High-mercury fish

CARBS



Cereal bars



Fruit juices



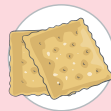
Honey, molasses, syrups, & jellies



Canned, dried, and pureed fruit with added sugar



Soda



Crackers



Foods with 10+g added sugar



Pretzels



Sugar



Flavored milk

FATS



Butter



Margarine



Processed cheese



Corn oil



Cottonseed oil



Sunflower oil



Canola oil



Soybean oil



Safflower oil



Marinades and dressings with oils in this category



Vegetable oil



Fat-rich foods with 10+ g added sugar



Hydrogenated oils and trans fats



Shortening

These foods are also rich sources of fats, so be mindful of both their carbohydrate and fat content.



Candy bars



Donuts



Cookies



Chips



Fries



Pastries



Muffins



Cakes



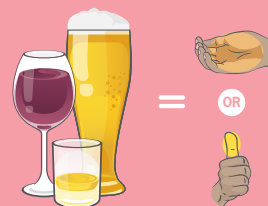
Bacon



Sausage

ALCOHOL

The Mediterranean diet is associated with red wine, but that doesn't mean you should drink a lot of it. Because alcohol has unique risks and benefits, we recommend drinking moderately, counting it as an "eat less" carb or fat serving.



1 serving of wine, light beer, or spirits



1 serving of mixed drinks, craft or high-alcohol beer, or dessert wine

Wondering about portions? Check out <https://www.precisionnutrition.com/nutrition-calculator>
 What does it mean to drink moderately? Learn more: <https://www.precisionnutrition.com/quit-drinking>

VEGETABLES

Veggies are always an “eat more” food. For a variety of nutrients, try to “eat the rainbow!”



Eating a variety of colorful fruit and starchy vegetables (like potatoes) also helps you “eat the rainbow,” though these foods live in the carbohydrate category.

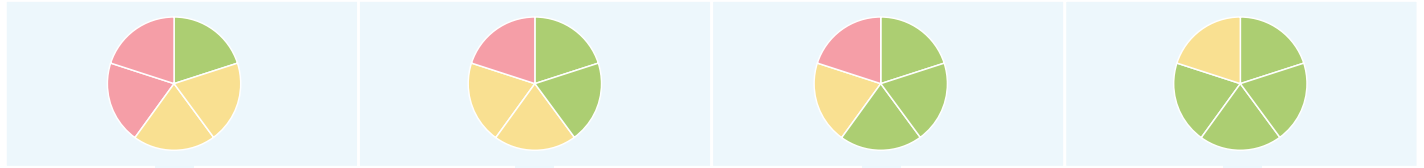
Not a veggie lover? Add herbs, spices, and aromatics, which enhance flavor and provide additional health benefits. To learn how, check out <https://www.precisionnutrition.com/create-the-perfect-meal-infographic> and <https://www.precisionnutrition.com/dont-like-vegetables-infographic>

2

BASE FOOD CHOICES ON YOUR GOALS

The proportions of your food intake that come from the “eat more,” “eat some,” and “eat less” categories will depend on how you eat now, and what your goals are.

● “eat more” ● “eat some” ● “eat less”



THESE PROPORTIONS MAY WORK FOR YOU IF...

- you want to generally improve your health.
- you're new to exercise or exercise moderately.
- you want to look, feel, and perform better.
- you want to significantly improve your health.
- you exercise moderately, or are training for an event like a half-marathon or obstacle course.
- you want to look, feel, and perform a little better than average.
- you want to significantly improve your health, or maintain a high degree of health.
- you are training for a major athletic event like a marathon or ultramarathon.
- you want above-average body composition, athletic performance, and/or recovery.
- you love eating this way. (This routine won't make you much healthier.)
- you're preparing for a bodybuilding, physique, or elite athletic competition.
- you are paid for your body's looks or performance.

3

ADJUST FOR YOUR PREFERENCES AND LIFESTYLE

Your “eat more,” “eat some,” and “eat less” list is unique to you and may evolve as your goals, likes, and dislikes shift over time. Use the table below to note your preferred foods.

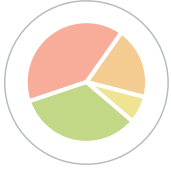
CREATE YOUR OWN SPECTRUM

PROTEIN	CARBS	FATS	VEGGIES
Green foods I like or want to try:	Green foods I like or want to try:	Green foods I like or want to try:	Red, orange and yellow veggies:
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
Yellow foods I want to incorporate:	Yellow foods I want to incorporate:	Yellow foods I want to incorporate:	Green, blue and purple veggies:
1	1	1	1
2	2	2	2
3	3	3	3
Red foods I want to indulge in:	Red foods I want to indulge in:	Red foods I want to indulge in:	White veggies:
1	1	1	1
2	2	2	2

HOW TO ADD FOODS TO THE SPECTRUM

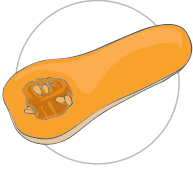
At some point, you're going to want to eat foods that aren't on our spectrums. Here's how to categorize them.

FIRST, FIGURE OUT THE MACRO CATEGORY:



- **Which macronutrient delivers the majority of the calories?**

Classifying a food as the macronutrient that delivers the most calories is generally a safe bet.



- **Which eating style do you follow?**

For example, with most approaches, butternut squash would count as a veggie. For someone eating low-carb or keto, it might be a source of carbohydrates.



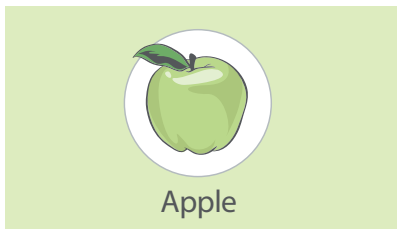
- **How is this food commonly eaten?**

Perhaps as a protein, starchy side, or fat-rich topping?

NOW, DETERMINE ITS PLACE ON THE SPECTRUM:

How close is it to a whole food?

Generally, the more processed a food, the further it moves toward “eat less.”



REMEMBER, YOU'RE THE BOSS

We've given you some ideas to get started. But YOU know best what works for you. Sustainable nutrition always prioritizes:

- ✓ the foods and flavors you truly enjoy,
- ✓ the things you know how to cook or prep,
- ✓ and the portions that make sense for YOU.

