WHAT SHOULD I EAT?!

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

Mediterranean diet edition

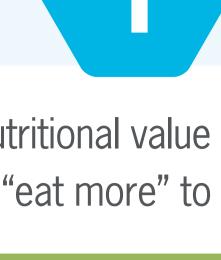
This easy-to-use chart shows you how to make healthier nutrition choices for achieving your goals, while enjoying the Mediterranean diet foods you love.



Nutritional value varies, but don't think of food as "good" or "bad." Seeing it on a spectrum from

KNOW YOUR FOODS

"eat more" to "eat less" helps you make better choices without branding anything off-limits.



PROTEIN

CARBS

EAT MORE









Red Red leaf squash peppers lettuce Summer squash Radish Yellow carrots

EAT THE

RAINBOW

Red onions

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!"

Pumpkin

Butternut

Orange

peppers

Carrots

Shallots

you love eating this way.

you much healthier.)

you're preparing for a

you are paid for your

body's looks or

performance.

(This routine won't make

bodybuilding, physique, or

VEGGIES

Red, orange and

Green, blue and

purple veggies:

3

4

3

elite athletic competition.

Yellow

peppers

Acorn

squash

Yellow

beets

White carrot

Red

cabbage

Rhubarb

Rutabaga

Beets

Tomatoes

Purple

asparagus

Eggplant

Radicchio

Purple

cauliflower

you want to generally

improve your health.

exercise moderately.

perform better.

you're new to exercise or

you want to look, feel, and

PROTEIN

Green foods I like

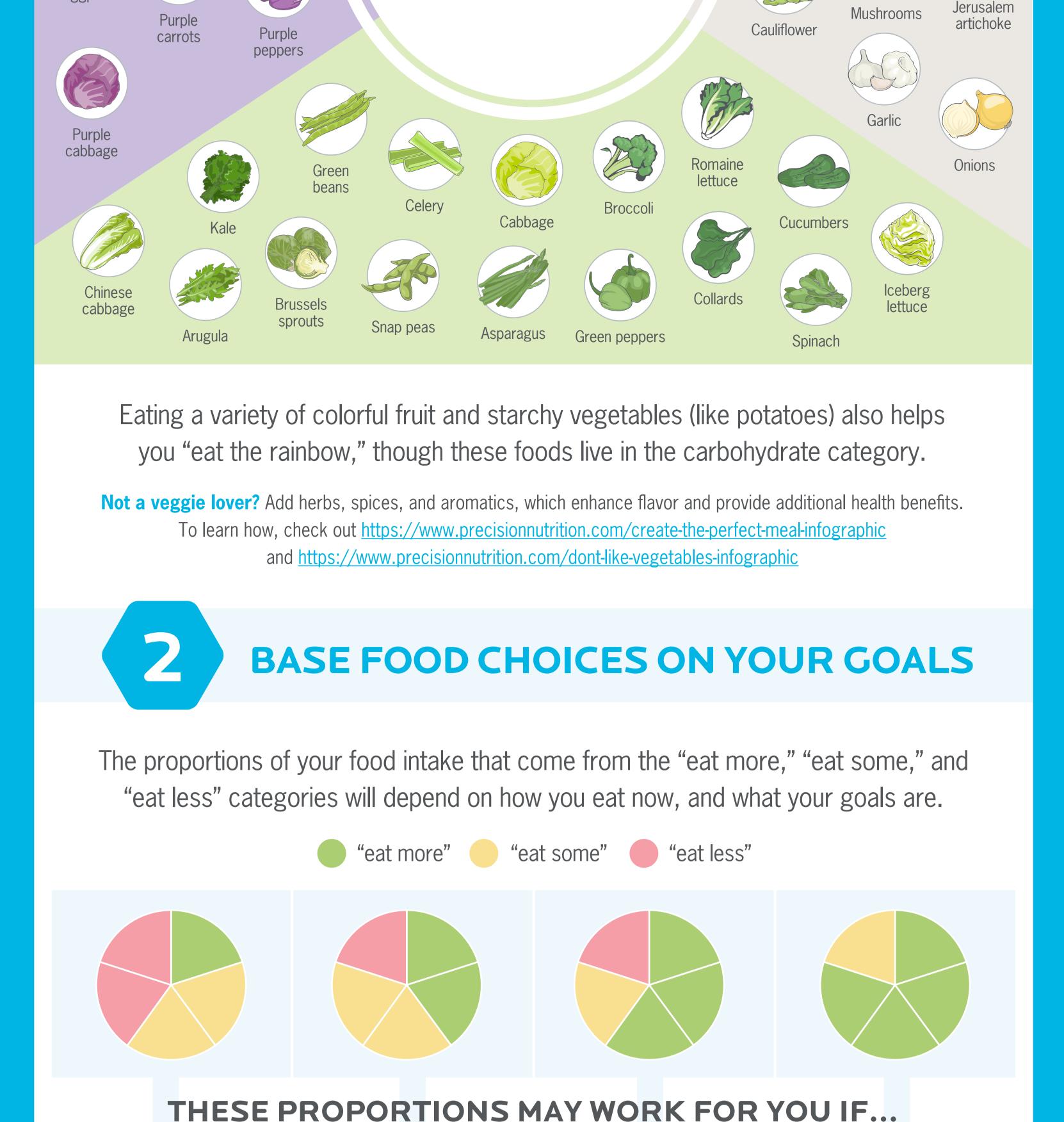
Yellow foods

I want to incorporate:

Red foods

3

3



you want to significantly

improve your health, or

health.

maintain a high degree of

you are training for a major

marathon or ultramarathon.

body composition, athletic

FATS

Green foods I like

Yellow foods

I want to incorporate:

Red foods

athletic event like a

you want above-average

performance, and/or

recovery.

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

3

4

3

yellow veggies: or want to try: or want to try: or want to try: 1 1 1 2 2

CARBS

Green foods I like

Yellow foods

I want to incorporate:

Red foods

3

3

generally a safe bet.

you want to significantly

• you exercise moderately,

like a half-marathon or

• you want to look, feel, and

perform a little better than

obstacle course.

average.

or are training for an event

improve your health.

I want to indulge in:	I want to indulge in:	I want to indulge in:	White veggies:
	1	1	1
	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

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?

NOW, DETERMINE ITS PLACE ON THE SPECTRUM:

How close is it to a whole food?

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

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

Which eating style do you follow?



the foods and flavors you truly enjoy,



what works for you. Sustainable nutrition always prioritizes:

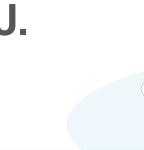
and the portions that make sense for YOU.

www.precisionnutrition.com/mediterranean-food-list-infographic

For the full article explaining this infographic, visit:

the things you know how to cook or prep,

Apple juice



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