

COMMON FOODS & FLAVORS OF THE *MEDITERRANEAN DIET*

Vegetables & Tubers

Artichokes, Arugula, Beets, Broccoli, Brussels, Sprouts, Cabbage, Carrots, Celery, Celeriac, Chicory, Celery, Celeriac, Chicory, Collard cucumber, Dandelion greens, Eggplant, Fennel, Kale, Leeks, Lettuce, Mache, Mushrooms, Mustard greens, Nettles, Okra, Onions, (red, sweet, white), Peas, Peppers, Potatoes, Purslane, Radishes, Rutabaga, Scallions, Shallots, Spinach, Sweet potatoes, Turnips, Zucchini.

Grains

Breads, Barley, Buckwheat, Bulgur, Couscous, Durum, Farro, Freekeh, Millet, Oats, Polenta, Rice, Wheat berries

Poultry & Eggs

Chicken, Duck, Guinea fowl, Quail chicken eggs, Duck eggs, Quail eggs

Fruits

Avocados, Apples, Apricots, Cherries, Clementines, Dates, Figs, Grapefruit, Grapes, Lemons, Melons, Nectarines, Olives, Oranges, Peaches, Pears, Pomegranates, Pumpkin, Strawberries, Tangerines, Tomatoes

Fish & Seafood

Abalone, Cockles, Clams, Crab, Eel, Flounder, Lobster, Mackerel, Mussels, Octopus, Oysters, Salmon, Sardines, Sea bass, Shrimp, Squid, Tilapia, Tuna, Whelk, Yellowtail

Sweets

Treats made with fruits, Nuts, Whole grains, And minimal sugars baklava, Biscotti, Creme caramel, Chocolate, Gelato, Kunefe, Lokum (Turkish delight), Mousse au chocolate, Sorbet

Nuts, Seeds, & Legumes

Almonds, Beans (Cannellini, chickpeas, fava, green, kidney), Cashews, Hazelnuts, Lentils, Pine nuts, Pistachios, Sesame seeds (tahini), Split peas, Walnuts

Herbs & Spices

Anise, Basil, Bay leaf, Chiles, Clove, Cumin, Fennel, Garlic, Lavender, Marjoram, Mint, Oregano, Parsley, Pepper, Pul biber (Aleppo pepper), Rosemary, Sage, Savory, Thyme, Za'atar

Cheese & Yogurt

Brie, Chevre, Corvo, Feta, Halloumi, Manchego, Parmigiano-Reggiano, Pecorino, Ricotta, Greek yogurt

Meats

Beef, Goat, Lamb, Mutton, Pork