



Mediterranean Diet Pyramid

Wine in moderation



Drink Water



MONTHLY
OR SMALL AMOUNTS

MEATS
SWEETS

DAILY TO WEEKLY

EGGS, CHEESE,
POULTRY, YOGURT

A FEW TIMES PER WEEK

FISH, SEAFOOD

IN VARIABLE AMOUNTS

OLIVE OIL

DAILY SERVINGS

FRUITS,
VEGETABLES

DAILY SERVINGS

WHOLE GRAINS,
BREAD, BEANS,
PASTA, NUTS

DAILY PHYSICAL ACTIVITY