

## Strict Mediterranean Diet - Individual Weekly Portion Count

	<b>Red Meat</b> 60 g (2 oz) cooked	<b>Sweets</b>	<b>Eggs</b> 1 egg	<b>Potatoes</b> 100 g (3.5 oz)	<b>Legumes, Nuts, Olives</b> 1 cup cooked beans 30 g (1 oz) nuts, olives	<b>Poultry</b> 60 g (2 oz) cooked	<b>Fish</b> 60 g (2 oz) cooked	<b>Dairy</b> 1 cup of milk or yogurt; 30 g (1 oz) of cheese	<b>Olive Oil</b>	<b>Fruits</b> 1 apple, banana, orange, etc. or 200 g of melon/watermelon, 30 g (1 oz) grapes	<b>Vegetables</b> 1 cup raw leafy vegetable or ½ cup other vegetable Potato: 100 g / 3.5 oz	<b>Bread, Rice, Pasta</b> ½ cup (50-60 g / 1.5-2 oz) cooked pasta or rice; one slice of bread	<b>Red Wine</b> 125 ml / 4 oz.	<b>Serving Count</b>
1													m/f	1
2													m/f	2
3													m/f	3
4													m/f	4
5													m/f	5
6													m/f	6
7													m/f	7
8													m/f	8
9													m/f	9
10													m/f	10
11													m/f	11
12													m/f	12
13													m/f	13
14													m/f	14
15													m	15
16													m	16
17													m	17
18													m	18
19													m	19
20													m	20
21													m	21
22														22
23														23
24														24
25														25
26														26
27														27
28														28

Chart shows food type portion targets to aim for. Those without restriction can be exceeded. If you know your body reacts badly to one or more foods, e.g. nuts, milk, gluten – then you should avoid them.

Restrict salt – use herbs and spices instead

Notes/Comments/Observations: