

Eating Mediterranean

Fun & Tasty

Ways to make the most of a Mediterranean eating pattern

Reduce Cost

1 Buy seasonal fruits & veggies -- they're less expensive and more nutritious

2 Canned beans, canned tuna, and lentils are cheap protein sources

3 Choose stores that offer low prices without compromising food quality

Prioritize Nutrients

4 Choose whole grains instead of refined grains for a nutrient and fiber boost

5 Limit your purchases of foods with empty calories

6 Stock up on frozen spinach, broccoli, and peppers for extra vitamin C

Boost Flavor

7 Flavor your food with dried and fresh herbs like basil, oregano, and thyme

8 Add depth and spice to your meal with garlic