

# Mediterranean Diet Tips

- Eat more vegetables
- Eat a variety of fruit
- Eat less red meat
- Add legumes into your diet for healthful plant-based protein
- Have fish and/or other seafood at least twice / week
- Reduce sugar
- Reduce saturated fat, but add healthy omega 3 fats
- Consume a handful of nuts every day
- Add whole grains into your daily regimen
- Use tasty spices to cut back on salt

