A Mediterranean-style diet emphasizes plant-based foods such as fruits, vegetables, whole grains and beans, as well as seafood and healthy fats from foods like nuts, seeds, avocados, and olive oil. It also includes moderate amounts of yogurt and cheese and smaller amounts of meats and sweets than many Americans are used to eating.

Based on the traditional cuisine of countries bordering the Mediterranean Sea, this style of eating is easy and affordable to follow with foods from your local supermarket. And, it’s a plan you can enjoy for a lifetime.

Benefits of Mediterranean Eating
A Mediterranean diet is not a “diet” that limits certain foods. It’s a style of eating that is delicious and has proven health benefits.

This style of eating may help promote a healthy body weight and may reduce the risk for heart disease, type 2 diabetes, and certain cancers. It provides plenty of beneficial antioxidants, dietary fiber, and healthy fats, including omega-3s.

The Mediterranean-style diet described here is one of the healthy eating patterns recommended by the 2015–2020 Dietary Guidelines for Americans.