

THE MEDITERRANEAN DIET



The Mediterranean diet is a way of eating that emphasizes vegetables, fruits, beans, nuts, whole grains, olive oil, and fish. It is high in fiber, antioxidants, and healthy fats. The diet is beneficial to the liver since these foods can slow the accumulation of and reduce fat in the liver, helping to reverse the progression of the disease.

1-2 TIMES PER MONTH



IN MODERATION (WEEKLY)



ENJOY DAILY



HEALTHY LIVER GUIDE:

- Reduce meal portion sizes
- Substitute carbohydrates with salads and protein
- Integrate bakes, boiled, and steamed foods over fried options
- Follow a diet rich in fruits and vegetables
- Avoid sugary beverages such as soda and processed fruit juices
- Exercise goal of 30 minutes a day, 5 times a week
- Optimize glycemic control
- Set and achieve weight loss goal

FOOD GUIDE

DAILY

VEGETABLES

Artichoke
Asparagus
Baby corn
Bean sprouts
Beets
Brussel sprouts
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Greens
Green beans
Jicama

Kale
Leeks
Mushrooms
Onions
Peppers
Radishes
Salad greens
Snow peas
Spinach
Sprouts
Squash
Sugar snap peas
Swiss chard
Tomatoes
Turnips

FRUIT

Apples
Avocados
Bananas
Blackberries
Blueberries
Cherries*
Figs
Grapes*
Kiwis
Melons
Peaches
Plums
Oranges
Pomegranates
Raspberries
Strawberries

*in moderation

BEANS & NUTS

Almonds
Cashews
Chia seeds
Chickpeas
Flax
Kidney beans
Lentils
Lima Beans
Peanuts
Pepitas
Pine nuts
Pistachios
Split peas
Sunflower seeds
Walnuts

HERBS & OILS

Basil
Chili powder
Cinnamon
Cilantro
Cumin
Dill
Garlic
Ginger
Mint
Olive oil
Avocado oil
Oregano
Paprika
Parsley
Pepper
Rosemary
Thyme

WHOLE GRAINS

Barley
Brown rice
Farro
Oats
Polenta
Quinoa
Whole-grain breads & pasta

WEEKLY

FISH & SEAFOOD

Cod
Crab
Halibut
Mussels
Red Snapper

Salmon
Scallops
Shrimp
Tilapia
Tuna

EGGS & POULTRY

Eggs
Chicken
Turkey

DAIRY

Cottage Cheese
Greek Yogurt
Kefir
Low-fat cheese
Low-fat milk
Low-fat yogurt

MONTHLY

RED MEAT

Beef
Elk
Lamb

Pork
Veal
Venison

SWEETS

Ice Cream
Cakes
Candy
Cookies

Donuts
Pastries
Pies



Sample Mediterranean Diet Meal Options

Breakfast

Greek Yogurt Parfait	Greek yogurt (unsweetened) with mixed berries (blueberries, strawberries, raspberries) with low-sugar or homemade granola. Add a sprinkle of cinnamon for flavor.
Vegetable and Cheese Omelet	Two large eggs with chopped vegetables (such as bell peppers, spinach, mushrooms, tomatoes, onions) and feta cheese or shredded mozzarella. Serve with a side of whole grain toast.
Avocado Toast	Smash ½ avocado on whole grain toast and top with poached, scrambled, or fried egg.
Whole Grain Breakfast Burrito	Combine scrambled eggs (2 large eggs) with black beans (1/4 cup), sliced avocado, with other optional toppings: diced bell peppers, onions, or shredded cheese.
Mediterranean Breakfast Bowl	Combine cooked quinoa with diced cucumbers, cherry tomatoes, olives, feta cheese, and a drizzle of olive oil. Top with a poached egg if desired.
Breakfast Smoothie	Spinach, frozen berries, small banana, Greek yogurt, and a splash of almond milk.

Snacks

Vegetable Sticks with Hummus	Carrots, celery, cucumber, or bell peppers with a side of hummus for dipping.
Greek yogurt	with strawberries or blueberries and 1 tbsp of sugar free granola
Whole wheat crackers	(5-7 or a whole wheat pita) with choice of low-fat cheese
Piece of fruit	Add a handful of nuts or natural nut butter
Edamame	



Lunch & Dinner

Greek Salad with Grilled Chicken	Mixed greens with sliced cucumber, cherry tomatoes, red onion, kalamata olives, and feta cheese with sliced grilled chicken and olive oil and balsamic vinegar dressing.
Chickpea Salad	Chickpeas (canned or cooked, drained, and rinsed), sliced cucumber, diced red bell pepper, finely chopped red onion, cherry tomatoes, feta cheese with lemon juice and olive oil dressing.
Mediterranean Veggie Wrap	Hummus, sliced cucumbers, tomatoes, thinly sliced red onions, mixed greens, olives, and crumbled feta cheese in a whole grain wrap or pita bread. <ul style="list-style-type: none">• Add grilled chicken or tofu for non-vegetarian option.
Mediterranean-Style Stuffed Peppers	Half cut bell peppers stuffed with a mixture of cooked quinoa, chopped spinach, diced tomatoes, black olives, feta cheese with ground turkey or ground chicken.
Falafel salad	Combine mixed greens, falafel balls, diced cucumbers, tomatoes, and tahini dressing.
Grilled Chicken or Salmon with Roasted Vegetables	Seasoned chicken breast (or baked salmon) roasted with a colorful array of vegetables such as red peppers, zucchini, carrots, eggplant, tomatoes, broccoli.
Mediterranean Shrimp Pasta	Garlic shrimp tossed with roasted cherry tomatoes, bell peppers, zucchini, asparagus, and olives, served over ½ cup whole wheat pasta.
Lentil and Vegetable Stir-Fry	Stir-fried onions, garlic, bell peppers, mushrooms, cherry tomatoes, zucchini, spinach and broccoli with lentils, tomatoes, served over quinoa or brown rice.
Grilled Shrimp Skewers	with a side of quinoa pilaf and grilled asparagus.
Baked cod (or other protein)	with a Mediterranean tomato sauce, served with a side of roasted cauliflower and a green salad.