

# Common Foods and Flavors of The Mediterranean Diet Pyramid

<b>Vegetables &amp; Tubers</b>	Artichokes, Arugula, Beets, Broccoli, Brussels Spouts, Cabbage, Carrots, Celery, Celeriac, Chicory, Collard Cucumber, Dandelion Greens, Eggplant, Fennel, Kale, Leeks, Lemons, Lettuce, Mache, Mushrooms, Mustard Greens, Nettles, Okra, Onions, (red, sweet, white) Peas, Peppers, Potatoes, Pumpkin, Purslane, Radishes, Rutabega, Scallions, Shallots, Spinach, Sweet Potatoes, Turnips, Zucchini
<b>Fruits</b>	Avocados, Apples, Apricots, Cherries, Clementines, Dates, Figs, Grapefruit, Grapes, Oranges, Melons, Nectarines, Olives, Peaches, Pears, Potatoes, Pomegranates, Strawberries, Tangerines, Tomatoes
<b>Grains</b>	Breads, Barley, Buckwheat, Bulgur, Couscous, Durum, Farro, Millet, Oats, Polenta, Rice, Wheatberries
<b>Fish &amp; Seafood</b>	Abalone, Cockles, Clams, Crab, Eel, Flounder, Lobster, Mackerel, Mussels, Octopus, Oysters, Salmon, Sardines, Sea Bass, Shrimp, Squid, Tilapia, Tuna, Whelk, Yellowtail,
<b>Poultry, Eggs, Cheese, &amp; Yogurt</b>	Chicken, Duck, Guinea Fowl Eggs (Chicken, Quail, and Duck) Cheeses (Examples Include: Brie, Chevre, Corvo, Feta, Haloumi, Manchego, Parmigiano-Reggiano, Pecorino, Ricotta) Yogurt, Greek Yogurt
<b>Nuts, Seeds, &amp; Legumes</b>	Almonds, Beans (Cannellini, Chickpeas, Fava, Kidney, Green), Cashews, Hazelnuts, Lentils, Pine Nuts, Pistachios, Sesame Seeds (Tahini), Split Peas, Walnuts
<b>Herbs &amp; Spices</b>	Anise, Basil, Bay Leaf, Chiles, Clove, Cumin, Fennel, Garlic, Lavender, Marjoram, Mint, Oregano, Parsley, Pepper, Pul Biber, Rosemary, Sage, Savory, Sumac, Tarragon, Thyme, Zatar
<b>Meats &amp; Sweets</b>	Pork, Beef, Lamb, Mutton, Goat Sweets (Examples include: Baklava, Biscotti, Creme Caramel, Chocolate, Gelato, Fruit Tarts, Kunefe, Lokum, Mousse Au Chocolat, Sorbet, Tiramisu)
<b>Water &amp; Wine</b>	Drink Plenty Of Water Wine In Moderation