EVERY DAY. Meals should be centered around these ingredients, including fresh fruits, vegetables, beans, olive oil, nuts, seeds, legumes, whole grains, herbs and spices.

THE MEDITERRANEAN DIET

The Mediterranean Diet is not one, single diet. After all, the Greeks eat differently from the Spanish. And the Italians from the French. But those who live in countries bordering the Mediterranean Sea share a general way of eating that’s rich in fruits and vegetables, whole-grains, fish and olive oil that research shows is healthiest for your heart. Buon appetito — or however you choose to say it!

FISH & SEAFOOD

OFTEN, eat at least 2 times a week.

POULTRY, EGGS, CHEESE & YOGURT

MODERATE CONSUMPTION, daily to weekly. Limit eggs to no more than 4 a week.

WINE

MODERATE AMOUNTS

Men: Two 3½-oz. glasses/day
Women: One 3½-oz. glass/day

MEATS & SWEETS

VERY LITTLE red meat and sweets (a few times a month, or more often in tiny amounts)

REGULAR PHYSICAL ACTIVITY

SOURCE: clevelandclinic.org/mediterraneandiet