

1. Vegetables

This one's pretty easy. It's pretty much impossible to eat too many vegetables. Keep in mind that veggies aren't just for dinner. Making them a part of your lunch and as snacks is one way to eat more. Pile that sandwich high with cucumbers, peppers, lettuce, tomatoes, onions. Anything that you like. Things that you don't think you like you might if you give them a second chance. Make plans to have an extra helping for dinner. It won't add many calories and helps fill you up.

I often have patients say "I don't like vegetables, doc." When I ask them if there are any that they do like I always get a good response. The reply is, "Sure, I love spinach." As I ask about more vegetables I get more positive responses. Make a list for yourself of the veggies that you like and keep them on hand. It will be longer than you think.

How much vegetables should you be trying to eat each day? The targets for each ingredient in the Mediterranean diet are based on a 2,000 calorie per day diet for men and 1,500 calorie per day diet for women. Your daily average for vegetables should be over 10.8 ounces per day for men and over 8.9 ounces per day for women.

Common Vegetables

Asparagus
Beets
Brussels Sprouts
Button Mushrooms
Celery
Eggplant
Collard Greens
Cucumbers
Eggplant
Peas
Green Beans
Green Onions
Leeks
Lettuce
Onions
Peas
Peppers
Shallots
Spinach
Bean sprouts
Squash
Yellow Squash
Acorn Squash
Zucchini Squash
Tomatoes
Cabbage

Dr. Gourmet Vegetarian Recipes

Baked Penne
Baked Ziti
Chopped Salad Tacos
Corn Quesadillas
Creamy Mac and Cheese
Eggplant Parmesan
Fettuccine Alfredo
Pasta with Tomato Sauce
Pizza - Tomato, Basil, and Roasted Garlic
Soft Corn Tacos
Vegetarian Lasagna

Dr. Gourmet Vegetable Side Dish Recipes

Candied Carrots
Collard Greens
Green Beans with Red Onion
Herbed Zucchini
Lemon Butter Brussels Sprouts
Minted Peas
Pan Grilled Asparagus
Pan Grilled Broccoli
Parmesan Squash
Roasted Acorn Squash
Roasted Beets
Roasted Tomatoes
Sautéed Spinach
Shredded Brussels Sprouts

2. Legumes

As with the wide variety of cabbages you can find in the market there are lots of different legumes (some of which you probably didn't think were related to each other).

In botany the term legume has two meanings. Legume is a species of plant but the term also refers to any fruit that develops seeds lined up in a pod (most often the pod splits open down a seam on one side like "peas in a pod"). Legumes are also known as Pulses.

Legumes are great sources of protein and fiber. Make beans your choice for a starch with dinner as with Black Bean Cakes (as a side dish) or Sea Bass with White Beans (part of the main course). Minestrone or Split Pea Soup with a salad makes a great dinner. Fill your pantry with canned or dried beans like kidneys, garbanzos and black beans.

How much legumes should you be trying to eat each day? The targets for each ingredient in the Mediterranean diet are based on a 2,000 calorie per day diet for men and 1,500 calorie per day diet for women. Your daily average for legumes should be over 2.1 ounces per day for men and over 1.75 ounces per day for women.

Common Legumes

Black Beans (Turtle Beans, Mexican Black Beans, Spanish Black Beans)
 Fava Bean (Broad Bean, Butter Bean, Windsor Bean, English Bean)
 Garbanzo Beans (Chick Peas)
 Great Northern Bean
 Lima Beans
 Navy Beans (Yankee Bean, Boston Bean, Boston Navy Bean)
 Pinto Beans
 Red Kidney Beans (Mexican Beans, Red Beans)
 Soy Bean (Edamame, Soya Bean)
 White Kidney Bean (Cannellini Bean, Fazolia Bean)
 Lentils
 English Peas
 Green Beans (Haricot Verts, String Bean)
 Runner Bean (Italian Flat Bean)
 Okra
 Snow Peas (Chinese Pea)
 Sugar Snap Peas (Snap Peas)

Dr. Gourmet Legume Recipes

Black Bean Cakes
 Black Bean Hummus
 Black Bean Soup
 Black Eyed Pea Salad
 White Bean Soup
 Chicken Black Beans
 Chile Con Carne
 Green Beans with Walnut Vinaigrette
 Green Beans with Red Onion
 Hummus
 Lentil and Black Bean Salad
 Minestrone
 Minted Peas
 Red Beans and Rice
 Sea Bass with White Beans and Tomato Vinaigrette
 Split Pea Soup
 Three Bean Salad
 White Chili
 Wild Rice and Black Beans
 Tuna and White Bean Salad

3. Fruit and Nuts

Fruit is the perfect snack. Sweet and satisfying, it's important to keep your fridge full of apples, pears and oranges so that you always have something to snack on. While drinking juice is OK, actually eating a piece of fruit is better for you and far more satisfying.

Nuts are great for you. They do have a lot of calories but even though most of the calories comes from fat it is the good monounsaturated fat that you want in your diet. There is in fact good research that if you replace a two ounce cookie with two ounces of nuts you won't gain weight (even though the nuts may have more calories).

How much fruit and nuts should you be trying to eat each day? The targets for each ingredient in the Mediterranean diet are based on a 2,000 calorie per day diet for men and 1,500 calorie per day diet for women. Your daily average for fruit and nuts should be over 8.9 ounces per day for men and over 7.7 ounces per day for women.

Common Fruits and Nuts

Apples
Oranges
Pears
Nectarines
Peaches
Grapes
Bananas
Cranberries
Raspberries
Blackberries
Blueberries
Almonds
Cashews
Hazelnuts
Macadamia Nuts
Peanuts
Pecans
Pine Nuts
Pistachios
Pumpkin Seeds
Sunflower Seeds
Walnuts

Dr. Gourmet Recipes containing Fruit or Nuts

Curried Chicken Salad
Halibut with Dill Pesto Orzo
Basil Pesto
Red Pepper Orzo
Roasted Eggplant Salad
Salmon Salad
Sesame Chicken Salad
Stuffed Turkey
Roasted Turkey, Wild rice and Cranberry Salad
Turkish Lamb with Peas
Waldorf Salad
Crab, Avocado and Mango Salad
Chinese Chicken Salad

4. Cereals and Grains

Whole grains are really good for you. If you are used to “white” starches like white rice, pasta and white bread, make the transition slowly. There are “light” whole wheat breads that taste great, for example. Start with those and move slowly toward whole grain breads. Use whole wheat hamburger buns in place of regular.

Using whole wheat pasta is easy. The flavor’s great and with your favorite sauce you’ll be good to go.

Anytime you can substitute brown rice in some you’ll increase the amount of fiber in your diet easily. One of my favorite substitutions is sweet potatoes or yams in place of regular potatoes.

Choose cereals that are less processed like oatmeal but also look for whole grain cereals. One easy way to tell is purchasing cereal with more fiber and less sugar.

How much cereals and grains should you be trying to eat each day? The targets for each ingredient in the Mediterranean diet are based on a 2,000 calorie per day diet for men and 1,500 calorie per day diet for women. Your daily average for cereals and grains should be over 10.4 ounces per day for men and over 8.9 ounces per day for women.

Intead of...	Choose...
Pizza Dough	Whole Wheat Pizza Dough
White Bread	Whole Wheat Bread
English Muffin	Whole Wheat English Muffin
Bagel	Whole Wheat Bagel
White Rice	Brown Rice or Wild Rice
Regular Pasta	Whole Wheat Pasta or Quinoa Pasta
Corn	Beans or Lentils
Corn Flakes	Bran Flakes
Special K	Cheerios
Fruit Loops	Life Cereal
Rice Krispies	Kashi GoLean Crunch
Apple Jacks	Kashi Cinnamon Harvest
Grits	Oatmeal

Dr. Gourmet Whole Grain Recipes

Banana Nut Muffins
 Blueberry Muffins
 Bran Muffins
 Carrot Muffins
 Honey Peach Pecan Muffins
 Lemon Poppyseed Muffins
 Orange Almond Muffins
 Orange Cranberry Muffins
 Pumpkin Nut Muffins
 Apple Cinnamon Bread
 Banana Nut Bread
 Date Nut Bread
 Gingerbread
 Pumpkin Bread
 Sweet Potato Bread
 Zucchini Bread

Chicken and Rice Salad
 Chopped Salad with Wild Rice
 Baked Cumin Trout with Squash and Pumpkin Seeds
 Halibut Rosemary Maple
 Roasted Turkey, Cranberry and Wild Rice Salad
 Wild Rice and Black Beans

Pizzas made with Whole Wheat Pizza Dough

Barbecue Chicken Pizza
 Pizza with Mushrooms and Prosciutto
 Pepperoni Pizza
 Tomato and Roasted Garlic Pizza

5. Fish

More fish, less meat. Simple.

Now a lot of people say that they don't like fish. However, as with vegetables if you make a list of fish that you like, there may be more kinds that you'll eat than you thought. I have had many people using The Dr. Gourmet Diet Plan who began trying recipes with fish that they thought they hated, only to have them become favorites.

There are a lot of reasons that eating fish is better for you than other sources of animal protein. One is that fish is generally lower in fat but, more importantly, the type of fats in seafood is the "good fat." The most important of these are the Omega 3 fats.

Fish	Mercury in parts per billion (ppm)	Omega-3 fats per 4 ounce serving
Light Tuna	0.12	270 mg
Atlantic Cod	0.1	158 mg
Crab	0.09	351 mg
Trout	0.07	935 mg
Atlantic Mackerel	0.05	1,203 mg
Mussels	<0.15	782 mg
Anchovy	<0.05	2,055 mg
Farmed Catfish	<0.05	177 mg
Atlantic Herring	<0.05	2,014 mg
Farmed Salmon	<0.05	2,648 mg
Wild Salmon	<0.05	1,043 mg
Sardines	<0.05	982 mg
Clams	<0.05	284 mg
Oysters	<0.05	688 mg
Scallops	<0.05	365 mg
Shrimp	<0.05	315 mg

There has been some concern lately about mercury contamination in fish. This is an issue, but not one that should keep you from making seafood a major part of your diet.

First and foremost, there's no doubt of the tremendous health benefit in eating fish. There are hundreds of studies clearly showing that consuming fish high in Omega-3 fat reduces the risk of sudden death, death from heart disease and stroke. In a meta-analysis of numerous studies published in the *Journal of the American Medical Association* (2006; 296: 1885 - 1898) Drs. Mozaffarian and Rimm conclude that eating 1 - 2 servings each week reduces the risk of death from heart attack by 36% and reduces total mortality by 17%.

There is also evidence that consumption of fish or shellfish may prevent heart disease and progression of already established heart disease. Other studies have linked Omega-3 fats to prevention of certain types of cancers as well as heart rhythm problems. This research is not, however, as conclusive.

Mozaffarian and Rimm (and others) feel that that when the risks from contaminants are compared to the advantages of eating fish, the evidence clearly shows that the benefit of including fish in your diet far outweighs any risk. As with anything, one wants to reduce the risk and here are the guidelines that they feel will help you best: (These are along the guidelines of most health organizations based on the research as we know it.) The CDC recommends avoiding fish with more than 1.0 ppm.

- Women of childbearing age should avoid fish that may contain higher levels of mercury.
- Choose fish that are higher in mercury less often and make sure that you eat a variety of different fish.

You can see that there are a lot of good healthy fish on this list with lower mercury content. It is clear from the research that the risk from contaminants is far less than the benefit from eating fish that is high in Omega 3 fats.

The take home message is to eat fish at least one or two times a week and eat a wide variety of fish and shellfish. The risk from "mercury and other stuff" is far outweighed by the benefit.

How much fish should you be trying to eat each day? The targets for each ingredient in the Mediterranean diet are based on a 2,000 calorie per day diet for men and 1,500 calorie per day diet for women. Your daily average for fish should be over 1 ounce per day for men and over 0.75 ounces per day for women.

Dr. Gourmet Fish and Shellfish Recipes

Halibut Recipes

Halibut with Basil Pea Puree
Halibut with Curry Butter and Snap Peas
Halibut with Dill Pesto Orzo
Halibut with Rosemary Maple Glaze
Halibut with Seven Spices

Salmon Recipes

Roasted Salmon with Corn Relish
Salmon Salad
Salmon with Caper Mayonnaise
Salmon with Parmesan Crust
Salmon with Red Thai Curry Sauce
Caesar Salad with Grilled Salmon

Tuna Recipes

Sweet Red Pepper Barbecue Tuna
Tuna Seared Tuna with Saki-Wasabi Sauce
Tuna with Ancho Fig Sauce
Tuna with Wasabi Pea Crust
Tuna Melt
Tuna Noodle Casserole

Other Fish

Blackened Redfish
Fish Enchiladas
Oven Fried Fish
Grilled Red Snapper with Garlic Tartar Sauce
Quickie Flounder Meuniere
Roasted Whitefish with Garlic Mayonnaise

Trout Recipes

Baked Cumin Trout with Squash and Pumpkin Seeds
Pumpkin-Seed-Crusted Trout
Trout with Tarragon Mustard Sauce

Clams & Mussels Recipes

Mussels with Red Pepper Mayonnaise
Mussels with White Wine Herbed Butter
Paella
Steamed Clams with Spicy Tomato Corn Broth and Fettucine
Clam Chowder

Crab Recipes

Crab Cakes
Crab and Corn Salad

Scallops Recipes

Bay Scallops with White Wine and Herbed Butter
Curried Sea Scallops
Soy Mustard Scallops

Shrimp Recipes

Barbecue Shrimp
Fettucine with Dill Pesto and Shrimp
Indian Shrimp Curry
Jerk Shrimp
Linguine with Shrimp in Tomato Vodka Cream Sauce
Shrimp Etouffee
Shrimp Fra Diavolo
Shrimp Scampi

6. Oils and Fats

In most studies on the Mediterranean Diet this is generally classified as olive oil. It really means eating more monounsaturated fats.

Olive oil is a good choice and is high in monounsaturated fats - but so is canola oil. Grapeseed oil may be an even better oil for you than either olive or canola.

What's really important is that the original research into the Mediterranean Diet looked at the **ratio** of monounsaturated fat to saturated fat. The findings are clear that it is very important to decrease the use of highly saturated fats like butter, lard, shortening, palm kernel oil, coconut oil and any oil that has been hydrogenated.

How much oils and fats should you be trying to eat each day? For oils and fats, instead of a daily total, look to have a **ratio** of about 60% more unsaturated fats than saturated fats overall.

Good choices	Use carefully	Avoid
Olive Oil	Butter	Lard
Canola Oil	Coconut milk	Coconut oil
Grapeseed oil	Spreads like Smart Balance Light and	Stick margarine
Safflower oil	Promise Light	Vegetable shortening
Sesame oil	Mayonnaise	Foods containing hydrogenated oils
Tahini (sesame seed butter)	Avocados	Foods containing palm kernel oil
Peanut butter		

7. Dairy

The traditional Mediterranean diet doesn't have dairy products as a major focus. When dairy is part of meals it is usually as yogurt or cheese. For most people decreasing the amount of dairy and low-fat dairy is key.

How much dairy should you be trying to eat each day? The targets for each ingredient in the Mediterranean diet are based on a 2,000 calorie per day diet for men and 1,500 calorie per day diet for women. Your daily average for dairy should be **under** 7.2 ounces per day for men and **under** 6.9 ounces per day for women.

Dairy Ingredients

Blue Cheese

Butter

Buttermilk

Cream Cheese

Cream Cheese - Fat Free

Evaporated Milk

Low-fat White Cheddar

Milk

Monterey Jack Cheese

Mozzarella

Parmigiano

Pecorino

Reduced-fat Cheeses

Reduced-fat White Cheddar

Ricotta Cheese

Yogurt

Yogurt Cheese

8. Meats

Less meat and lean meats. The median consumption was about 4 ounces of meat per day. The rule of thumb is to eat red meat only about once a week. When you are choosing meats look for leaner cuts that will have less saturated fats. Most recipes on the Dr. Gourmet site use 4 ounces as a standard serving in a recipe whether it is beef, lamb, poultry or fish.

How much meat should you be trying to eat each day? The targets for each ingredient in the Mediterranean diet are based on a 2,000 calorie per day diet for men and 1,500 calorie per day diet for women. Your daily average for meat should be **under** 3.9 ounces per day for men and **under** 3.25 ounces per day for women.

Beef : Flank Steak

Beef Stew
Beef Stroganoff
Chili Con Carne
Garlic Lime Flank Steak
Philly Cheese Steak

Beef : Ground Beef

Meatball Hoagie
Meatloaf
Spaghetti with Meatballs

Beef : Tenderloin

Tenderloin with Blue Cheese Butter
Pan Grilled Tenderloin w/ Pepper Butter Sauce

Beef : Other Cuts

Green Curry Beef
Maple Herb Crusted Rib Eye Steak
Oven Seared Hanger Steak
Skirt Steak with Sautéed Mushrooms

Lamb / Venison

Grilled Sage Lamb Kabobs
Lamb Burgers
Southwest Venison Cheeseburgers

Chicken

Barbecue Chicken
Chicken Pot Pie
Chicken with 40 Cloves of Garlic
One Skillet Chicken and Black Beans
Oven Fried Chicken
Pulled Barbecue Chicken Sandwich
Wet Rub Chicken
Yellow Pepper and White Asparagus Soft Tacos

Turkey

Stuffed Turkey Breast
Roasted Turkey Breast

Pork : Chops

Autumn Pork Chops
Cumin Dusted Pork Chops
Pan-Seared Pork Chops with Savory Peach Marmalade
Pork Chops with Caramelized Apples
Pork Chops with Warm Tomatillo Salsa

Pork : Tenderloin

Mojo Pork Tenderloin
Pork Tenderloin Coward
Mushroom and Cranberry Stuffed Pork Loin

Pork : Sausage

Red Beans and Rice

9. Alcohol

There is good evidence that moderate use of alcohol is good for you and this research supports that. Interestingly, the alcohol consumed by the Greek participants in this study was more often with meals.

Men who drank one-half to two drinks per day had the lowest risk for heart attack of all the participants. Drinking more than two drinks per day also showed a reduced risk of heart attack, but not as high a reduction as those who drank less than two drinks per day. This reduction in risk remained even when the researchers controlled for age or cardiovascular medication use or the various levels of actual physical activity, Body Mass Index, or if they were past smokers.

How much alcohol should you consume? Those who do not wish to drink alcohol need not start drinking, but if you do drink alcohol, men should limit themselves to about 2 drinks per day, while women should have about 1 drink per day. One drink is about 4-5 ounces of wine or 1 ounce of hard liquors such as whiskey, gin, vodka, etc. and should not be saved up to have all at once.