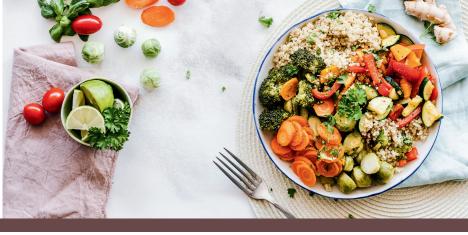


THE MEDITERRANEAN DIET









The Mediterranean diet is a way of eating the 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.



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

VEGETABLES			FRUIT	BEANS & NUTS	HERBS & OILS	WHOLE GRAINS
	Artichoke	Kale	Apples	Almonds	Basil	Barley
	Asparagus	Leeks	Avocados	Cashews	Chili powder	Brown rice
	Baby corn	Mushrooms	Bananas	Chia seeds	Cinnamon	Farro
	Bean sprouts	Onions	Blackberries	Chickpeas	Cilantro	Oats
	Beets	Peppers	Blueberries	Flax	Cumin	Polenta
	Brussel sprouts	Radishes	Cherries*	Kidney beans	Dill	Quinoa
	Broccoli	Salad greens	Figs	Lentils	Garlic	Whole-grain
DAILY	Cabbage	Snow peas	Grapes*	Lima Beans	Ginger	breads & pasta
	Carrots	Spinach	Kiwis	Peanuts	Mint	niedus & pasta
	Cauliflower	Sprouts	Melons	Pepitas	Olive oil	
	Celery	Squash	Peaches	Pepitas Pine nuts	Avocado oil	
	Cucumber		Peaches Plums	Pine nuts Pistachios		
		Sugar snap peas Swiss chard			Oregano Paprika	
	Eggplant	Tomatoes	Oranges	Split peas		
	Greens		Pomegranates	Sunflower	Parsley	
	Green beans	Turnips	Raspberries	seeds	Pepper	
	Jicama		Strawberries	Walnuts	Rosemary	
			*in moderation		Thyme	
	FISH & SEAFOOD		EGGS & POULTRY		DAIRY	
	Cod	Salmon	Eggs		Cottage Chee	50
	Crab	Scallops	Chicken		Greek Yogurt	
Ē	Halibut	Shrimp	Turkey		Kefir	
WE	Mussels	Tilapia			Low-fat chee	se
\mathbf{Z}	Red Snapper	Tuna			Low-fat milk	
					Low-fat yogu	
>-	RED MEAT			SWEETS		
EJ	Beef	Pork		Ice Crean		
	Elk	Veal Venisoi		Cakes	Pastri Pies	ies
Z	Lamb Venisor			Candy	FIE3	
Ο				Cookies		
MONTHLY						



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. 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.