

Mediterranean Diet	Foods to Eat	Foods to avoid	Questionable or Decrease Consumption
<p><i>Harvard School of Public Health, Oldways</i>, a nonprofit food think tank in Boston, developed a consumer-friendly Mediterranean diet pyramid that emphasizes fruits, veggies, whole grains, beans, nuts, legumes, olive oil and flavorful herbs and spices; eating fish and seafood at least a couple of times a week; enjoying poultry, eggs, cheese, and yogurt in moderation; and saving sweets and red meat for special occasions.</p> <p><i>Chewfo</i></p> <p><i>US News</i></p>	<ul style="list-style-type: none"> Fruits Vegetables Whole Grains Olive oil Beans Nuts Legumes Seeds Herbs Spices Seafood 	<ul style="list-style-type: none"> Sugar-sweetened beverages Added sugar Processed meat Refined grains Refined oils Highly processed foods Fast Foods 	<ul style="list-style-type: none"> Red Meat Salt Cheese and yogurt Milk Crème Poultry Eggs Sweeteners, such as honey Wine

