The Mediterranean diet pyramid was developed based on the eating habits of long-living adults in the Mediterranean. It follows a general food pyramid guideline (not specific quantities) and encourages communal eating and an active lifestyle.

It is associated with:
- Reduced risk of memory problems and dementia
- Reduced risk of stroke, diabetes, and other vascular diseases

**Base every meal around:**
- Vegetables and fruits (the darker in color, the more anti-oxidants!)
- Legumes/beans, whole grains, nuts (e.g., lentils, walnuts)
- Olive oil as principal source of fat (swap out margarine and butter!)

**Eat at least 2x/week:**
- Fish, seafood

**Eat moderate portions daily to weekly:**
- Poultry
- Dairy, cheese and eggs
- Red wine (typically with meals)
  - Females: 1 glass/day
  - Males: 2 glasses/day

**Eat less often than other foods:**
- Red meat
- Saturated fat
- Sweets

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