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.

<table>
<thead>
<tr>
<th>Common Vegetables</th>
<th>Dr. Gourmet Vegetarian Recipes</th>
<th>Dr. Gourmet Vegetable Side Dish Recipes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Baked Penne</td>
<td>Candied Carrots</td>
</tr>
<tr>
<td>Beets</td>
<td>Baked Ziti</td>
<td>Collard Greens</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>Chopped Salad Tacos</td>
<td>Green Beans with Red Onion</td>
</tr>
<tr>
<td>Button Mushrooms</td>
<td>Corn Quesadillas</td>
<td>Herbed Zucchini</td>
</tr>
<tr>
<td>Celery</td>
<td>Creamy Mac and Cheese</td>
<td>Lemon Butter Brussels Sprouts</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Eggplant Parmesan</td>
<td>Minted Peas</td>
</tr>
<tr>
<td>Collard Greens</td>
<td>Fettuccine Alfredo</td>
<td>Pan Grilled Asparagus</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>Pasta with Tomato Sauce</td>
<td>Pan Grilled Broccoli</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Pizza - Tomato, Basil, and Roasted Garlic</td>
<td>Parmesan Squash</td>
</tr>
<tr>
<td>Peas</td>
<td>Soft Corn Tacos</td>
<td>Roasted Acorn Squash</td>
</tr>
<tr>
<td>Green Beans</td>
<td>Vegetarian Lasagna</td>
<td>Roasted Beets</td>
</tr>
<tr>
<td>Green Onions</td>
<td></td>
<td>Roasted Tomatoes</td>
</tr>
<tr>
<td>Leeks</td>
<td></td>
<td>Sauteed Spinach</td>
</tr>
<tr>
<td>Lettuce</td>
<td></td>
<td>Shredded Brussels Sprouts</td>
</tr>
<tr>
<td>Onions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peppers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shallots</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bean sprouts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Squash</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yellow Squash</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Acorn Squash</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zucchini Squash</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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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.

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

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.

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

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
- Fettuccine 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.

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

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 Sauteed Mushrooms

- **Lamb / Venison**
  - Grilled Sage Lamb Kabobs
  - Lamb Burgers
  - Southwest Venison Cheeseburgers

- **Chicken**
  - Barbecued 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.