

MEDITERRANEAN DIET CALORIE COMPARISON

Standardized 2,000 Calorie Daily Distribution Guide

Healthy Fats **35-40%**
Complex Carbs **45-50%**
Lean Protein **15-20%**

Plant-Based Staples (Daily)			
Leafy Greens/Vegetables	2-3 Cups	150 kcal	Low
Whole Grains (Quinoa/Farro)	1 Cup Cooked	220 kcal	Mid
Legumes (Lentils/Chickpeas)	1/2 Cup	120 kcal	Mid
Healthy Fats & Proteins			
Extra Virgin Olive Oil	2 Tbsp	240 kcal	High
Fatty Fish (Salmon/Sardines)	4 oz	200 kcal	Mid
Raw Nuts/Seeds	1/4 Cup	180 kcal	High
Occasional (Weekly)			

Poultry / Eggs	3 oz / 1 Egg	150 kcal	Mid
Greek Yogurt / Feta	1/2 Cup / 1 oz	100 kcal	Low
Red Wine (Optional)	5 oz glass	125 kcal	Mid

*Portion sizes are approximate. Values based on nutrient-dense, whole food preparations.