

Read the text and tick the items of food the Mediterranean diet includes.

The Mediterranean Diet

People in Greece and southern Italy have a Mediterranean diet. This traditional diet includes a lot of healthy foods. Vegetables are very popular in the Mediterranean diet. People eat a lot of tomatoes, onions and lettuce. They use these vegetables to make salads and they have salads with all their meals. They use vegetables in soups and sauces, too. There is not much meat in the Mediterranean diet, but there is a lot of fish. Fish is very healthy. Pasta and bean soup are also healthy and popular meals. People eat a lot of fruit like apples, oranges and peaches. Orange juice is a popular drink, too. Dairy products are a big part of the Mediterranean diet. Many people eat yoghurt in the morning or in the evening. They also eat cheese with their salads and their meals. The food in the Mediterranean diet is both good for you and delicious, so try it!

