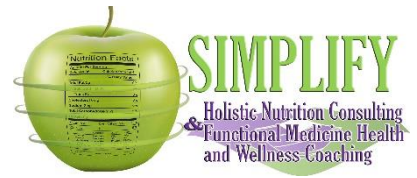


# Mediterranean Fat-Fighting Foods



PRODUCE	MIDDLE AISLE FOODS	SEAFOOD	BEVERAGES
<b>Fruits</b>	<b>Dried</b>	<b>Fish</b>	<b>Tea</b>
<input type="checkbox"/> Acai berries	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Anchovy	<input type="checkbox"/> Green tea
<input type="checkbox"/> Apples, dried	<input type="checkbox"/> Cacao/dark chocolate	<input type="checkbox"/> Black sea bass	<input type="checkbox"/> Matcha
<input type="checkbox"/> Apples, fresh	<input type="checkbox"/> Chickpeas	<input type="checkbox"/> Chilean sea bass	<input type="checkbox"/> Oolong tea
<input type="checkbox"/> Avocado	<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Cod	<input type="checkbox"/> Pu'er tea
<input type="checkbox"/> Blackberries	<input type="checkbox"/> Lentils	<input type="checkbox"/> Dover sole	
<input type="checkbox"/> Black currants	<input type="checkbox"/> Mushrooms (chanterelle, oyster, porcini, shiitake)	<input type="checkbox"/> Hake	<b>Juice</b>
<input type="checkbox"/> Blueberries		<input type="checkbox"/> Halibut	<input type="checkbox"/> Concord grape juice
<input type="checkbox"/> Cherries	<input type="checkbox"/> Navy beans	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Cranberry juice
<input type="checkbox"/> Chokeberry	<input type="checkbox"/> Nuts (almonds, cashews, hazelnuts, macadamias, pecans, pistachios, walnuts)	<input type="checkbox"/> Mediterranean sea bass	<input type="checkbox"/> Orange juice
<input type="checkbox"/> Grapefruit		<input type="checkbox"/> Salmon	<input type="checkbox"/> Pomegranate juice
<input type="checkbox"/> Lemon		<input type="checkbox"/> Sardines	<input type="checkbox"/> Tomato juice
<input type="checkbox"/> Lime		<input type="checkbox"/> Striped bass	<input type="checkbox"/> Watermelon juice
<input type="checkbox"/> Oranges	<input type="checkbox"/> Pearl barley		Juices always fresh!!!
<input type="checkbox"/> Pears (Anjou, Bartlett)	<input type="checkbox"/> Prune	<b>Clams and Shells</b>	
<input type="checkbox"/> Red and black raspberries	<input type="checkbox"/> Red chili peppers	<input type="checkbox"/> Crab (blue, king, mitten, stone)	<b>Other</b>
<input type="checkbox"/> Strawberries	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Langoustine	<input type="checkbox"/> Cocoa beverages
<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Yellow split peas	<input type="checkbox"/> Lobster (Atlantic and European)	<input type="checkbox"/> Coffee
<input type="checkbox"/> Watermelon	<b>Bottled</b>	<input type="checkbox"/> Mussels	<input type="checkbox"/> Soy milk
	<input type="checkbox"/> Extra virgin olive oil	<input type="checkbox"/> Oysters	<input type="checkbox"/> Water
<b>Vegetables</b>	<input type="checkbox"/> Vinegar (apple cider, balsamic, black)	<input type="checkbox"/> Razor clams	
<input type="checkbox"/> Bok choy		<input type="checkbox"/> Sea scallops	
<input type="checkbox"/> Broccoli	<b>Jarred</b>	<input type="checkbox"/> Shrimp	
<input type="checkbox"/> Broccoli rabe/rapini	<input type="checkbox"/> Capers	<input type="checkbox"/> Spiny lobster	
<input type="checkbox"/> Broccoli sprouts	<input type="checkbox"/> Kimchi		
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Tomato sauce	<b>Tubes and Tentacles</b>	
<input type="checkbox"/> Brussels sprouts		<input type="checkbox"/> Cuttlefish	
<input type="checkbox"/> Cabbage	<b>Tubed</b>	<input type="checkbox"/> Octopus	
<input type="checkbox"/> Carrots	<input type="checkbox"/> Anchovy paste	<input type="checkbox"/> Sea cucumber	
<input type="checkbox"/> Chili peppers	<input type="checkbox"/> Garlic paste	<input type="checkbox"/> Squid	
<input type="checkbox"/> Chinese kale	<input type="checkbox"/> Tomato paste		
<input type="checkbox"/> Garlic		<b>Seaweed</b>	
<input type="checkbox"/> Mushrooms (chanterelle, cremini, enoki, oyster, porcini, portobello, shiitake, white button)	<b>Canned</b>	<input type="checkbox"/> Dulse	
<input type="checkbox"/> Mustard greens	<input type="checkbox"/> Tinned seafood (anchovies, shellfish, tuna)	<input type="checkbox"/> Kombu	
<input type="checkbox"/> Napa cabbage	<input type="checkbox"/> Tomatoes (whole, peeled, pureed)	<input type="checkbox"/> Nori	
<input type="checkbox"/> Onions (red, yellow)		<input type="checkbox"/> Wakame	
<input type="checkbox"/> Romanesco		<b>Roe</b>	
<input type="checkbox"/> Scallions		<input type="checkbox"/> Caviar	
<input type="checkbox"/> Shallots			
<input type="checkbox"/> Soybean (edamame, tofu)			
<input type="checkbox"/> Wasabi			
<input type="checkbox"/> Watercress			

Source: Dr. William Li, "Eat to Beat Your Diet"