

The MediMod Diet		
Food	Recommended servings	One serving equivalent
<b>Vegetables</b>	6 servings/day. Include green leafy vegetables or tomatoes in at least one of those servings. Mushrooms count, but minimize potatoes to one serving a day unless it's a sweet potato.	Leafy vegetables: ½ cup cooked or 1 cup raw; other vegetables: ½ cup raw or cooked.
<b>Fruit</b>	3 servings/day. Include berries in at least one of those servings.	½ cup fresh, frozen, canned, or cooked fruit; 1½ tablespoons dried fruit. Juice counts but should be limited to ½ cup per day because of the sugar content.
<b>Nuts, seeds, olives</b>	1 serving/day.	1 ounce/day of nuts, seeds (about ¼ cup), and/or 3 ounces of olives (about ½ cup).
<b>100% whole grains</b>	5–8 servings/day (eat closer to 8 if you're physically active).	1 slice bread; ½ cup cooked grains, like brown rice or whole wheat pasta; ¼ cup oats or muesli; ⅔ cup breakfast cereal; 2–3 crisp bread crackers.
<b>Fish</b>	At least 2 servings/week. At least one of those should be an oily fish like salmon.	3 ounces cooked.
<b>Beans</b>	3–4 servings/week.	½ cup beans, or ⅓ cup hummus or tofu.
<b>Extra virgin olive oil</b>	3 tablespoons/day.	
<b>Red meat</b>	3–4 servings/week.	3–4 ounces cooked. Use lean red meats.
<b>Poultry</b>	2–3 servings/week.	3 ounces cooked (= one breast or a leg + thigh).
<b>Dairy</b>	3 servings/day of milk, cheese, or yogurt.	1 metric cup milk or yogurt. For cheese: 1.5 ounces hard cheese or feta; 4–5 ounces soft cheese like ricotta or cream cheese.
<b>Eggs</b>	6 eggs/week.	
<b>Eat less of...</b>		
<b>Fried, fast, sweet, and processed foods</b>	Maximum of 3 servings per week. A serving is 120 calories of: Sweets, sodas, snacks, and white bread. Fast, processed, or fried foods. Beef jerky, bacon, and deli meats.	
<b>Alcohol</b>	Maximum 1.5 standard drinks/day. Red wine is preferred. 1.5 standard drinks = 6.8 ounces wine, 2 bottles beer (1 bottle if it's high gravity), 2 ounces spirits, or 5 ounces sherry or port.	

Source: Opie RS et al, Nutr Neurosci 2018;21(7):487–501

From the Expert Q&A  
“An Antidepressant Diet”  
With Felice Jacka, MD

The Carlat Psychiatry Report, Volume 17, Number 5, May 2019  
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