Four Mediterranean Foods to Try:

Eggplant: A staple of many Mediterranean dishes, eggplant absorbs the flavors of the region (olive oil, garlic and fresh herbs) and offers a richness that often stands in for meat in recipes. One cup of cooked eggplant is a good source of fiber.

Tomatoes: Tomatoes are packed with vitamin C (1/2 cup chopped provides 20 percent of the daily value) and lycopene, an antioxidant that may help prevent some cancers. Bonus points for versatility: you can find them fresh, canned, in paste form or in juice.

Broccoli Rabe: Just 3 ounces of cooked broccoli rabe provides vitamin C, potassium, calcium and fiber. Try pairing it with bold ingredients like sausage, anchovy and hot pepper.

Healthy Oils: Heart-healthy olive oil is a good choice for cooking and using in homemade salad dressings.

Live like a Mediterranean for better health: Studies suggest that the Mediterranean way of life—not much alcohol, no smoking, plenty of exercise and maintaining a healthy weight—may have just as much to do with these Mediterranean-dwellers’ health as what they eat.