The myeloproliferative neoplasms (MPNs) are a type of hematologic malignancy with severe symptom burden and high amounts of inflammation for which there are few good treatments. Inflammation drives many of the debilitating symptoms associated with MPN and also promotes disease progression. A Mediterranean diet has been shown to reduce inflammatory cytokines in other disease states. To date no dietary interventions have been evaluated among MPN patients. The overarching goal of our work is to develop a nutritional intervention among MPN patients to which reduces inflammation. We call this the NUTRITION Trial (NUTRitional Intervention among myEloproliferative Neoplasms Trial). In the first stage of this study, we held patient focus groups, obtaining baseline demographic, disease-related and nutritional markers as well as conducted an online survey of 1,329 MPN patients to inform the development of our nutritional intervention for MPN patients. Based on the enthusiasm and support of our participants, we are now moving on to prospectively assess a diet intervention in MPN patients. We will recruit 30 MPN patients and randomly assign them to either a Mediterranean diet or standard USDA food pyramid recommendations diet education group. Each participant will receive one dietician counseling session at the beginning of the diet intervention period, two brief follow up dietician phone calls, and 10 Mediterranean or standard diet education handouts delivered via email each week. The Mediterranean diet group will receive provisions of extra virgin olive oil, the standard diet arm will receive grocery gift cards. The main objective of this protocol is to test whether MPN patients can adhere to a Mediterranean diet intervention. We will measure adherence in both arms with patient reported diet recall every two weeks via internet surveys. As exploratory endpoints we will measure changes in inflammatory markers, symptom burden, physical activity level, sleep, and gut microbiome in participants over the course of the study. If successful, we plan to use this intervention in a larger trial to assess whether a Mediterranean diet intervention can effectively change symptom burden and inflammation in MPN patients.