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Taste the Mediterranean Way



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A recipe for wellness from Grandpa

- Overall
 - Moderate in fat, but low in saturated fat
 - High in complex carbs and fiber: whole grains and beans, fruits and vegetables
 - Low to moderate dairy intake: cheese and yogurt
 - Moderate to high intake of fish
 - Low to moderate poultry and eggs
 - Limited red meat

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Benefits

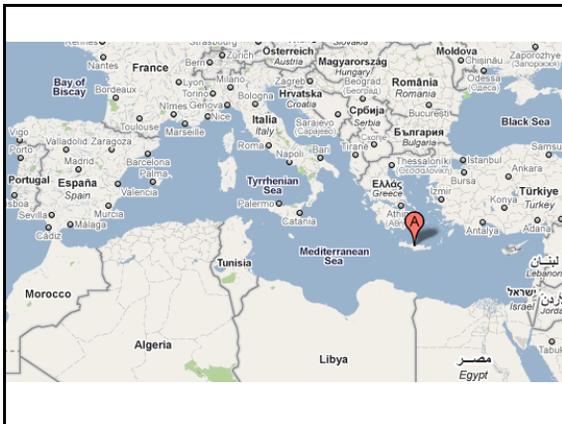
- Lower levels of:
 - blood pressure
 - chol levels
 - blood glucose
 - HbA1c levels
- Lower risk for:
 - overall and CVD mortality
 - diabetes
 - Alzheimer's
 - stomach cancer
 - Parkinson's disease

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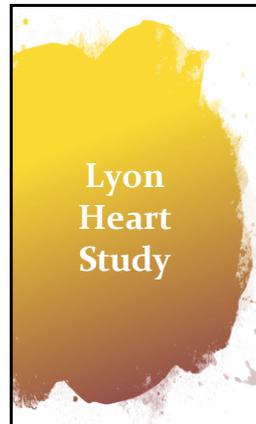
Seven Countries Study

- Greece, Italy, Croatia and Serbia, Japan, Finland, Netherlands, US
- Studied over 12K middle-aged men for at least 10 years
- Mediterranean groups had lower death rates from all causes than northern European and American groups
- Found universal risk factors for heart disease: cholesterol, blood pressure, diabetes and smoking
- Found that healthy lifestyle promotes various aspects of health

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Lyon Heart Study

Studied diets of two groups post heart attack

Results: 50% to 70% lower risk of recurrent heart disease in Mediterranean group

-Circulation, 2001

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Predimed Study

- 3 Groups
 - Mediterranean diet supplemented with extra virgin olive oil
 - Mediterranean diet supplemented mixture of nuts
 - Low fat diet
- Mediterranean Pattern:
 - lower blood pressure
 - improved cholesterol
 - decreased insulin resistance
 - decreased inflammation

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Weight Loss

- “We found that the Mediterranean diet is more efficacious for ≥ 12 -month weight loss compared with low-fat diets.”
 - The American Journal of Medicine 2016

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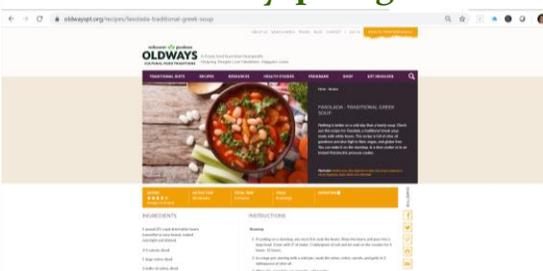
Greece

- Up to 40% fat
- Bean soup with olive oil very popular food
- Vegetables often dominate meat dishes
- Feta cheese used abundantly (use reduced fat or nonfat feta)
- Vegetables of note: Eggplant, Okra, zucchini, beans, tomatoes, onions, herbs

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Tasty whole grain and Mediterranean recipes

Oldwayspt.org



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Recipe Sites

Here is a list of some of my favorite recipe sites:

- <https://www.cleaneatingmag.com/recipes>
- <https://oldwayspt.org/recipes>
- <http://whfoods.org/recipestoc.php?#recipes>
- <https://www.bluezones.com/recipes/>
- <https://www.forksoverknives.com/recipes/#gs.hhsw5>
- <https://nutritionstudies.org/>

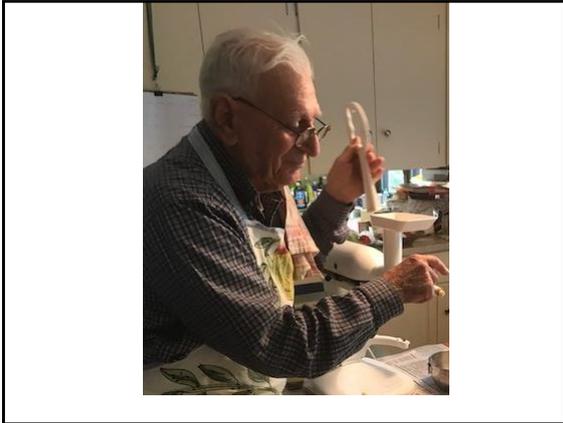
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Southern Italy

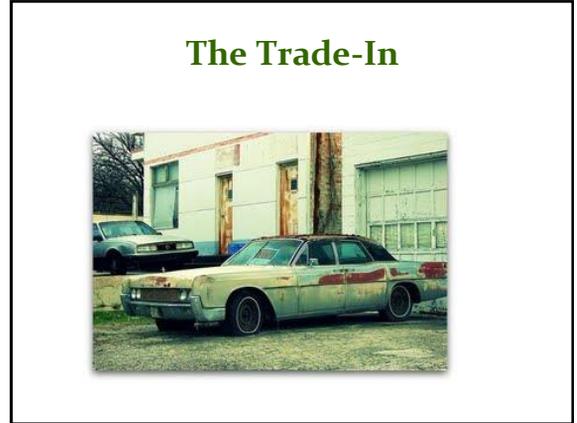
- Vegetables of note:
 - eggplant, artichokes, tomatoes, onions, beans



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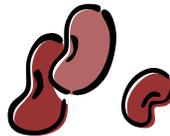
Monounsaturated Fat/Olive Oil

- Add monounsaturated fat while reducing saturated fat in your diet.
 - EVOO, organic canola oil, avocado and nuts
- Olive oil is still 100% fat, thus high in calories, so use in moderation especially if watching weight

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Beans

- Rich source of fiber, vitamins, minerals
- More protein than other vegetables
- Aim to eat 3 cups per week
- Draining followed by rinsing canned beans can lower sodium by 41%



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Cereals and Whole Grains

- At least half of your grains should be whole grains
- Consuming whole grains can lower your risk for cancer and heart disease
- Whole grains contain B vitamins, vitamin E, fiber, iron, and other nutrients

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Fruits

- Eat at least 1.5 cups every day
- Fruit with breakfast
- Fruit as a snack or dessert
- Rainbow array
 - Try
 - Smoothies
 - Cut-up into salads: apples pears, kiwi, oranges, grapes, strawberries
 - Frozen fruit is a fun snack! Try frozen grapes or bananas

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Nuts



Nurses Health Study:

Those who ate more than 5 ounces of nuts per week, had significantly lower risk of CHD than those who rarely or never ate nuts

A formal review of numerous nut studies revealed:

Consuming any type of nuts more than 1x per week (1 oz serving) significantly reduced the risk of CHD

Buy your nuts raw or dry roasted and unsalted. Be sure to buy natural nut butters, the kind with the oil at the top. Once opened, store in the refrigerator.

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Vegetables



- Eat at least 2 cups every day
- Colorful diet
- Enjoy them at all meals
- Sauté with garlic and oil
- Vary the greens in your salads
- Make it easy!
 - Birds Eye Steamfresh and other brands
 - Pots to make it easy

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Dairy

- Whole milk and whole yogurt and many cheeses have a lot of saturated fat
- Go lowfat and nonfat when choosing milk, yogurt, and cheese.
 - Cabot brand has a nice selection of reduced fat cheeses
 - 3 servings a day or less

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Fish, Poultry, and Eggs

- Aim for minimum of 2 fish meals per week
- Simple ways to prepare fish:
 - Add oil, dill, parsley, lemon and then bake, broil, or grill
 - Use canned, tuna, salmon, and/or sardines to make salad for a sandwich or over greens
 - Add canned fish with chopped tomatoes, red onion, black beans, whole wheat pasta, balsamic vinegar and extra virgin olive oil...eat warm or cold
- Eat poultry without the skin
- Limit eggs to 0-4 per week



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Limit



Red meat/Processed Meat

- Associated with cancer, heart disease, earlier mortality
- Replace with fish, beans, poultry

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Alcohol

- Moderation key
 - One 5 oz glass for women
 - Two 5 oz glasses for men (10 oz total)
 - Recent study found that moderate drinking may negatively affect your brain
- Resveratrol
 - Red grapes
- In Mediterranean region, wine is enjoyed during meals with friends and family

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Stock up the Pantry

Vegetables: onions, garlic, tomatoes, peppers, artichoke, eggplant, greens, seasonal, potatoes, root vegetables

Fruits: melon, grapes, berries, lemons, citrus

Herbs: parley, basil, oregano, dill, bay leaves, rosemary & thyme

Hummus

Pantry

- extra virgin olive oil, vinegar, capers, olives, canned and jarred tomatoes, pine nuts, whole grain pasta, oatmeal, beans, nuts, tahini

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Lifestyle

- Afternoon siesta
- Meals eaten together
- Lots of exercise



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La Passeggiata in Italy



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Mediterranean Bean Stir-Fry

- 4 cups water
- 1 sprig fresh rosemary
- ½ cup brown rice or whole wheat pasta
- 1 Tbsp. extra virgin olive oil
- 1 medium onion chopped
- 2 cloves garlic, minced
- ½ medium yellow bell pepper, chopped
- ½ medium red bell pepper, chopper
- 2 cups baby spinach
- 1 can (15 oz.) cannellini beans, rinsed and drained
- 1 Tbsp. packed fresh Thyme leaves
- Salt and freshly ground pepper to taste
- Optional: ¼ cup crumbled feta cheese (consider using reduced fat feta or try Greek feta)

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In large pot, bring water and rosemary to boil. Boil 1 minute, then remove rosemary with slotted spoon. Add pasta and cook according to package directions. Drain well. If desired, remove rosemary leaves from stem and mix with pasta. (If cooking rice, can cook it with rosemary stem and leaves and can remove before serving, or remove leaves from stem and mix with rice when finished.)

Meanwhile, in large nonstick skillet, heat oil. Sauté onion and garlic for 5 minutes, stirring often. Add bell peppers. Sauté for 3 more minutes. Add spinach and sauté until wilted, 1 minute. Add beans and stir until hot. Stir in pasta or rice and season to taste with salt and pepper. Sprinkle with cheese, garnish with thyme and serve. Makes 4 servings.

Per serving: 244 calories, 5 g total fat (1 g saturated fat), 40 g carbohydrates, 12 g protein, 7 g dietary fiber, 110 mg sodium

Exchanges: Approximately 2 starch/grain, 2 vegetable, 1.5 protein, 1 fat

Adapted from American Institute for Cancer Research Newsletter, Spring 2005 Issue 87
Check out the New American Plate Cookbook by the American Institute for Cancer Research.

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Lebanese Inspired Salad Sensation

Created by Tricia Silverman, Registered Dietitian, Fitness Instructor, Wellness Coach

Yield: 4-6 servings

Ingredients

Dressing:

- 2 T extra virgin olive oil
- 1 T water
- juice of ½ lemon
- 1 clove garlic, chopped or 1 teaspoon garlic powder
- 1 teaspoon of onion powder, unless using the fresh onions below, then it can be omitted
- 1 tsp sumac
- ¼ tsp salt, adjust to taste, may need less if sumac is salted
- ¼ tsp black pepper
- 1 tsp local maple syrup, optional to omit as the fruit in the recipe below will give sweetness

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Salad:

- 1 head of lettuce, about 6 cups, romaine works well, but any lettuce will do
- ½ pint salad tomatoes or cherry tomatoes
- 1 chopped bell pepper, preferable yellow or orange to make the salad more colorful
- 1 cup cucumber, slices, or sliced, then cut in quarters
- 1/2 cup mint leaves
- 1/2 cup basil leaves
- 4 sliced radishes
- 1 bunch chopped green onions, or 1 cup regular onions
- 1 cup carrots, shredded
- 1 apple (a gala apple works well) chopped into bite-size pieces, and/or 1 cup sliced red grapes or any other fruit (ex. strawberries, pears, pineapples, berries)

Optional: Add on Nuts or seeds or other sources in the chart below for more protein

Preparation:

Mix dressing ingredients in a bowl, chop up apple and let sit in dressing while you make the rest of the salad (this will help prevent it from browning). Mix the rest of the ingredients in a bowl, pour the salad dressing over the salad and enjoy.

Per serving: 99 calories, 2 g protein, 13 g carbohydrates, 5 g fat, 5 g dietary fiber, 117 mg sodium (may be higher if sumac is salted)

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Protein Add-ons

	Amount/Type	Protein grams	Calories
Chicken	2-4 ounces	18-35	94-187
Tuna	2-4 ounces	13-26	60-120
Salmon	2-4 ounces	14-29	103-206
Beans	½ - 1 Cup Pinto Beans	8-15	122-245
Nuts	23 almonds	6	160
Seeds	2 T pumpkin Seeds	4	84
Hardboiled egg	1	6	78
Egg white only	1	4	17

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Questions ?



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Tricia Silverman
WELLNESS

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