

# Mediterranean in the Month of May

May 11, 2023



## Concepts Taught:

- Learn the evidence for following a Mediterranean style of eating.
- Discuss the basics of this style of eating.
- Identify ways to include this style of eating in meals and snacks.

## Evidence:

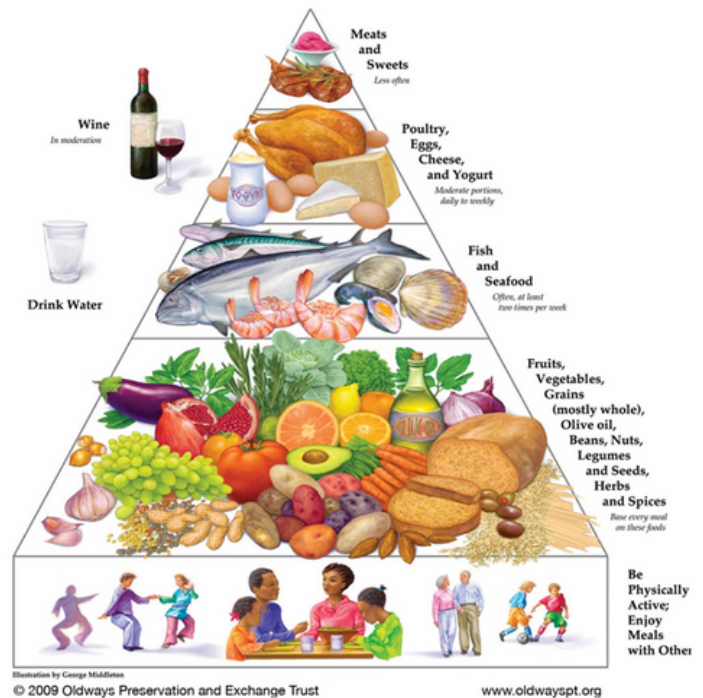
- Mediterranean diet has been proven to increase heart health by decreasing triglyceride levels and increasing HDL cholesterol (the good cholesterol).
- Mediterranean diet has been favored over a low-fat diet in blood sugar control for those living with diabetes.
- Lower rates of several cancers - breast, colorectal, and prostate - have been seen in those that follow the Mediterranean diet the most.

## Voted "Best Overall Diet" for the last 6 years!

## What is the Mediterranean Diet?

- A style of eating, not a diet.
- Every meal and snack is based upon plant foods.
  - Whole grains, fruits, vegetables, olive oil, beans, nuts, legumes, seeds, herbs, and spices.
- Meat, poultry, fish are "sides" to the meal.
- Choose fish and seafood at least two times per week.
- Choose poultry, eggs, cheese, and yogurt daily to weekly.
  - Skinless chicken or turkey, greek yogurt, feta, ricotta, goat, or cheese made from 2% milk
- Choose red meats and sweets less often.
- Drink water, be active, share meals with others, and don't smoke.

## Mediterranean Diet Pyramid



## Meal ideas:

- Breakfast:
  - Eggs with feta cheese, tomatoes, spinach, side of whole grain toast with sliced or smashed avocado
  - Old-fashioned oats, dried cranberries, chia seeds, splash of low-fat milk or a dairy alternative
- Lunch:
  - Rice and bean bowl with grilled chicken, veggies, and guacamole
  - Tuna & potato salad with a side of strawberries
    - <https://www.themediterraneandish.com/spanish-potato-salad-recipe-tuna/>
- Dinner:
  - Salmon and quinoa salad
    - <https://www.eatingwell.com/recipe/8004437/kale-quinoa-apple-salad/>
  - Flatbread pizza
    - <https://www.themediterraneandish.com/15-minute-artichoke-garden-flatbread-pizza/>

## Resources:

- [www.themediterraneandish.com](http://www.themediterraneandish.com)
- [www.oldwayspt.org](http://www.oldwayspt.org)
- [www.eatingwell.com](http://www.eatingwell.com)