

Take a Trip to the Mediterranean

The history of the Mediterranean diet dates back to the 4th century under the Roman Empire, derived from an ancient peasant culture. "Mediterranean diet" is a better term to use than "Mediterranean cuisine" as it is a traditional eating lifestyle of the Mediterranean people, who include residents of seven countries, including France, Italy, Greece, Turkey, Morocco and Spain.

Characteristics and benefits

- Is rich in antioxidants
- Prevents heart and cardiovascular diseases
- Reduces the risk of cancer (especially breast and colon)
- Reduces the risk of diabetes
- Reduces hypertension and infarct risk
- Protects from Alzheimer's disease, improves brain function
- Reduces the risk of chronic bronchitis and emphysema
- Has anti-inflammatory properties
- Reduces blood pressure
- Improves life span and the quality of life
- Is convenient (based on cheap and easy-to-find foods)
- Is tasty and amusing!
- Is ideal for sport lovers (balanced, rich in vitamins and minerals)
- Improves symptoms of rheumatoid arthritis, fertility and eye health



Mediterranean Diet Key Considerations:

- Eat generous amounts of fruits, legumes and vegetables, like beans and lentils, two to three times per week, or pasta with beans (*pasta e fagioli*).
- Consume healthy fats like olive oil.
- Eat small amounts of nuts and seeds
- Drink red wine in moderation (if OK with your doctor) One glass daily.
- Consume lean red meat only once a month.
- Eat fish, poultry, eggs on a regular basis. (4 yolks/week). Omega eggs would be best. Limit or avoid deep-fat fried fish. Eat water-packed tuna, salmon, trout and herring.
- Use herbs and spices liberally, for added flavor and a potent boost of health-promoting antioxidants. Use garlic, cilantro, parsley, oregano and cumin instead of salt.
- Eat cheese and yogurt in moderation.
- Limit desserts and sugar to weekly use. Instead, try using small amounts of honey.
- Enjoy meals with others.



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Fruits, Vegetables, & Whole Grains



- Eat nine servings of fruits and vegetables a day to help lower LDL (bad) cholesterol
- Choose healthy grains. Refined grain products contain unhealthy trans-fat. Instead choose whole grains and eat your bread without butter or margarine. Choose whole-wheat pasta, couscous, polenta, oats, rice, barley and corn.

Healthy Fats and Choosing Oils



- Olives are eaten whole and with dishes, Olive oil is preferred.
- Not all fat is bad. Monounsaturated fat (found in olive oil, canola oil, almonds and walnuts) can actually lower LDL (bad) cholesterol. Fish also contains healthy fat (omega-3) that lowers triglycerides.
- When it comes to nuts, walnuts pack the most omega-3 fatty acids to lower triglycerides. Other good choices include almonds, pecans and hazelnuts.

Remember to watch your portion sizes with nuts. One small handful a day is all you need to get their benefits. Eating more than that may cause weight gain. As compared to the other diets, the Mediterranean diet has a higher calorie count, due to the **use of olive oil**.

Wine

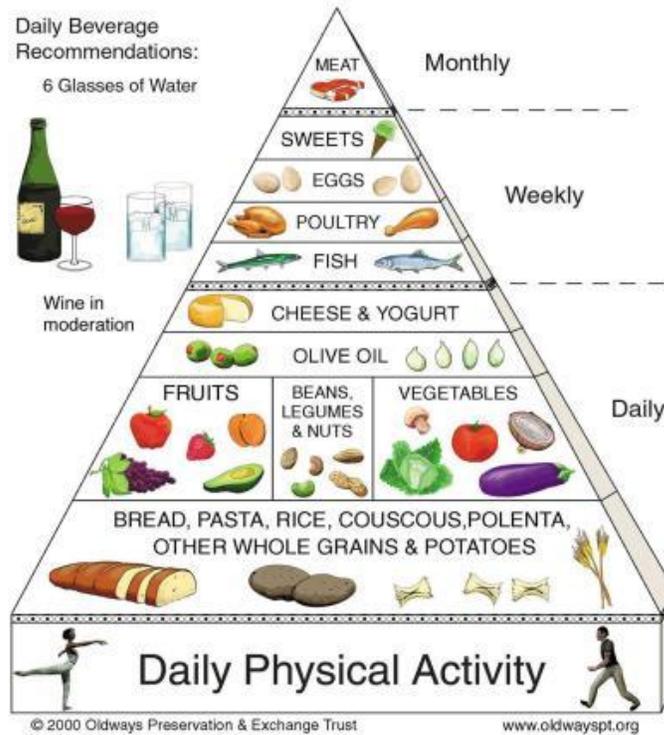


- Red wine reduces the blood's ability to clot, and contains antioxidants like resveratrol. Moderation is the key for this component of the Mediterranean diet. Daily intake - but in moderation. Resveratrol is the phytochemical that provides protection and anti-aging qualities.
- If your doctor agrees, have a glass of red wine with dinner. If you don't drink alcohol, you don't need to start. Have grape juice.
- Women and men over 65 should drink no more than five ounces per day, and men under 65 should have no more than 10 ounces per day. Drinking more than the recommended amount may increase the risk for certain types of cancer.

"MED-IFY" YOUR MEALS	
Instead of this ▼	...Choose this ▼
White bagel with cream cheese	Whole grain bagel half with smoked salmon, cucumbers, capers and chives
Scrambled eggs, bacon and pancakes	Scrambled egg and black beans with corn tortilla and salsa
Pastrami sandwich with potato chips	Whole wheat pita with hummus, feta cheese, sprouts, tomatoes and parsley
Chef's salad with Thousand Island dressing and a French roll	Kale salad with kidney beans, almonds, avocado and olive oil-herb vinaigrette
Steak, rice pilaf and green beans	Grilled salmon, quinoa with cumin, sautéed green beans and carrots
Fried chicken, mashed potatoes, coleslaw and biscuits	Whole wheat pasta tossed with chicken, mushrooms, spinach, basil and olive oil



The Traditional Healthy Mediterranean Diet Pyramid



Research taken from these studies:

- The Lyon Diet Heart Trial in 1998 showed that after three years on the Mediterranean diet, subjects had a 56 percent lower risk of dying and 70 percent lower risk of myocardial infarction (heart attack).
- The Gissi Prevenzione Trial in Italy, which involved more than 11,000 men and women, showed a 50 percent reduced death rate associated with the diet.
- In the SUN study in Spain, results showed a 30 percent reduced death risk associated with the Mediterranean diet, used for weight loss in diabetes.
- After examining 13, 000 middle-aged men, the “poor diet” of post-war men from Crete showed lower cardiovascular disease rates.

Sources: mayoclinic.com, The International Symposium in Pantelleria, Italy, September 2012, by KMcManus, RD. Environmental Nutrition February 2013. www.environmentalnutrition.com and Mediterraneanbook.com

Breakfast Sundae

Serves 1

All you need:

- 1 cup fresh fruit or berries (see list below)
- 1/2 cup Hy-Vee non-fat Greek vanilla yogurt
- ½ cup whole-grain cereal or Hy-Vee granola
- 1 tbsp. chopped Hy-Vee walnuts

All you do:

1. Spoon half the fruit or berries into the bottom of a parfait glass or other ice cream sundae-type dish. Top with half the yogurt and sprinkle with the granola or cereal.
2. Repeat with remaining fruit and remaining yogurt.
3. For a finishing touch decorate with a single berry or slice of fruit, and walnuts.

Choose one or more of the following fruits to create your Breakfast Sundae. Use fresh fruit when it's available; otherwise unsweetened frozen or canned fruit is perfectly acceptable.

Apples	Mango	Peaches
Banana	Nectarines	Pineapple
Blueberries	Papaya	Raspberries
Cherries	Pears	Strawberries
Kiwi		

Approximate Nutrition Facts per serving: 290 calories, 6g fat, 0g saturated fat, 0g trans fat, 5mg cholesterol, 180mg sodium, 48g carbohydrates, 7g fiber, 30g sugar, 13g protein.

Daily Values: 8% vitamin A, 80% vitamin C, 80% calcium, 7% iron.

Hot Quinoa

Serves 2

All you need:

- 2 cups water
- 1 cup quinoa
- ½ cup thinly sliced apples, blueberries, strawberries or dried cherries
- 1/3 cup chopped Hy-Vee walnuts or sliced Hy-Vee almonds
- ½ tsp Hy-Vee ground cinnamon, optional
- Hy-Vee low-fat milk or vanilla soy milk
- Agave, Hy-Vee honey or Hy-Vee brown sugar, optional

All you do:

1. Combine water and quinoa and bring to a boil. Simmer 10 minutes.
2. Add fruit and nuts. Simmer until water is absorbed.
3. Serve with cinnamon (optional), milk and sweetener (optional)

Approximate Nutrition Facts per serving: 480 calories, 18g fat, 2g saturated fat, 0g trans fat, 0mg cholesterol, 10mg sodium, 63g carbohydrates, 8g fiber, 9g sugar, 15g protein.

Daily Values: 0% vitamin A, 4% vitamin C, 8% calcium, 25% iron.



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