



Krames Patient Education / A StayWell Special

Mediterranean Style Eating

for a Healthier Heart and Body

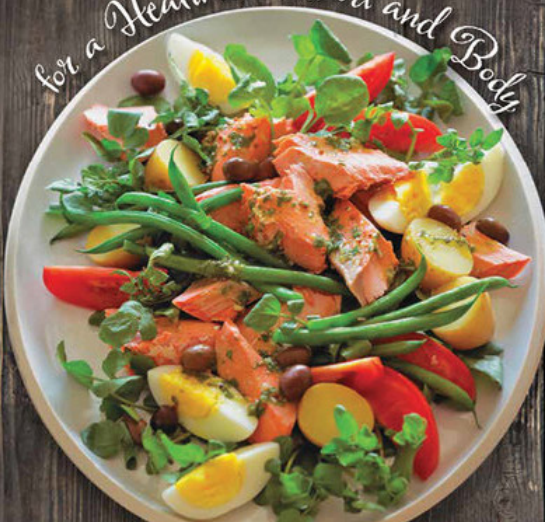


VEGETABLES **FRUITS** **WINE**
OLIVE OIL FISH DAIRY EGGS | LEAN

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Mediterranean-Style Eating

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VEGETABLES FRUITS WHOLE GRAINS
OLIVE OIL FISH DAIRY EGGS LEAN POULTRY RED WINE WITH MEALS

What Is Mediterranean-Style Eating?

Simple, satisfying food. Nutritionists believe you can't eat to live, you live to eat. Variety and flavor come with fresh and healthy choices that are good for your health. This is Mediterranean-style eating in a nutshell. What could be healthier?

Mediterranean-style eating was named after the habits of people living in Greece and southern Italy over 50 years ago. Today, it's about making healthy choices from the foods of your local grocery store. It's about adding Mediterranean flair to the meals you're already eating. It's about enjoying food, not forcing it. It's all about making mealtime a celebration of friends and family, of freshness, and of flavor.

For Your Health

Mediterranean-style eating has many benefits for the body. Adopting it can help manage or even prevent all sorts of health issues, including heart disease, high blood pressure, and diabetes. If you have a health condition and want to know more about using this style of eating, talk with your healthcare provider.

2 | To learn more about the Mediterranean diet, go to www.healthypatienteducation.com/mediterranean

An Overview of Mediterranean-Style Eating

Focus your meals around your fruits. Make one of your main sources of fat. Eat less than in other diets in moderation.

BEANS AND LEGUMES
 Try the plant-based proteins, always—on a regular basis. Chickpeas, lentils, kidney beans, and black beans.

GRAINS
 Choose unrefined grains. This means brown rice, whole wheat pasta and bread, and other whole grains.

FRUITS
 Perfect for snacks and desserts, and for adding sweetness to other dishes.

HEALTHY FATS
 Include in healthy fats. Especially olive oil. Avocados and nuts are other good choices.

VEGETABLES
 Make them the center of your meals. Choose a variety of types and colors.

Small Steps to Change

Imagine yourself as a journey to better health and well-being. The best way to start is to take one step at a time. Pick one or two suggestions below that best fit you. When you've mastered those, pick one or two more. Keeping it simple helps you stay on top for success. Your goal is to create new habits that you find your healthy new self.

Try This Tonight

If you want a place to start, here's something to try. Take any fresh vegetable you like—broccoli, spinach, carrot sticks, or whatever you like. Chop it into small pieces and mix it with a dressing of olive oil, lemon juice, and salt. It's a simple change, but you've already made your most beautiful.

The Beauty of Home-Cooked Food

Eating Out

When eating out, keep Mediterranean-style meals in mind. First, try to order what you love. But do include at least two vegetables that are not fried. Ask about options that might not be on the menu.

Choosing your own food has many things going for it. In your kitchen, you have control over what goes into your food. The ingredients are fresher and healthier as you like. It's almost always healthier and cheaper, too.

Preparing a meal is a great way to get your family involved. Even kids can help with vegetables or aprons. Let your partner to cook the rice or the salad. When you get a party meal done on the table, you'll have a sense of accomplishment.

When you're ready to eat, turn off the dishes. Sit at the table. Don't eat or drink if you like. The goal of your eating plan is to be healthy and happy.

A Harvest of Flavor in Your Freezer

Look for vegetables, fruits, and seafood in the frozen food section of your grocery store. But not all are created equal. For freezing purposes, you want to choose vegetables and fruits that are in their peak. The best is to choose frozen foods with nothing added to sugar, salt, or starch. You may also find pre-washed and frozen berries like in multi-herbs, multi-herb frozen greens. Consider frozen foods with some time your pantry and fridge for easy mealtime meals.

Olive Oil

OLIVE OIL plays a prime role in Mediterranean-style eating. It's used for cooking, dipping, dressings, and drizzling over dishes. You may also find it for many other uses. It's a healthy fat that can help lower cholesterol and reduce the risk of heart disease. It's also a natural antioxidant that can help protect your cells from damage. It's also a natural anti-inflammatory that can help reduce inflammation in the body.

• CHOOSE EXTRA-VIRGIN OLIVE OIL. All olive oils are made from olives. Some are processed, meaning the health benefits—and most of the flavor—may be lost. Look for the word "extra-virgin" on the label. It means the oil was produced from the first pressing of olives and contains no additives.

• LIGHT, HEAT, AND AGE ARE OILS' WORST ENEMIES. To keep olive oil from becoming rancid (developing bad flavors and smells), buy it in dark bottles or metal cans. Store it in a cool, dark place away from light and heat.

• OLIVE OIL DOESN'T HAVE TO COME FROM THE MEDITERRANEAN. Excellent olive oil is made in California. It may be better than imported and is often cheaper.

Fish

Seafood is central to Mediterranean-style eating. Fish and seafood are healthy sources of protein. Fish oil can help to quickly reduce a great amount of stress. Fish is a good source of omega-3 fatty acids, which can help to reduce the risk of heart disease.

OIL-RICH TYPES OF FISH include bluefish, salmon, tuna, trout, mackerel, and sardines.

MILD-FLAVORED TYPES OF FISH may be more easily tolerated. Try catfish, halibut, rockfish, snapper, and tilapia.

SHRIMP is tasty and versatile. You can buy it already prepared, making it a quick to prepare.

Quick Stovetop Fish Fillets

- 1 Use white fish fillets, no more than an inch thick, about 4 ounces per person. Pat the fillets dry and sprinkle both sides with salt and pepper.
- 2 Choose a pan that fits the fillets with no overcrowding. Add 2 tablespoons of olive oil to the pan. Heat on medium-high for a minute or two until the oil shimmers.
- 3 Add the fillets. Let them cook for 2 to 3 minutes. When a corner is fairly seared, they're ready to flip. Use a long spatula to turn the fillets over.
- 4 Cook them on the second side until they're cooked all the way through and flaky, another 2 to 3 minutes. Don't overcook them.
- 5 Remove the fillets from the pan and add fresh herbs, lemon, capers, and more olive oil, or other favorite toppings.

Fish Not Your Thing?

Because fish oils are so beneficial, there's a lot of interest in fish oil supplements. But not all fish oil supplements are created equal. Add omega-3s and omega-6s or whole wheat grains for a quick, healthy mealtime meal.