

# EAT WELL, AGE WELL. HEALTHY EATING PLANS

## Healthy Eating

### *Mediterranean Style ...*

Envision yourself sitting along the sea in Greece, Italy or Spain enjoying a delicious meal. The foods you would likely be enjoying include: fruits, veggies, whole grains, nuts and seeds, olives, fish and other seafood, beans (legumes), eggs, cheese, poultry and yogurt.

All foods packed with nutrients to give you energy so you can take a walk along the beach or a dip in the ocean. Enjoy a glass of red wine (or red grape juice) after your activities is you wish...just remember moderation.

## Is This Eating Plan Right for Me?

The Mediterranean Eating plan, it has been shown to decrease the chances that you will develop chronic pain or can help control pain. Why? Because of the anti-inflammatory foods which are key to preventing or reducing pain.

A 2015 study conducted in Greece found that people who followed the Mediterranean diet were 47% less likely to develop heart disease over a 10-year period compared to those who did not adhere to the diet.

A study in Spain – that included 4,000 women ages 60 to 80 years old – found those who followed this diet, supplemented with olive oil each day, reduced their risk of developing breast cancer by 68% compared to women who followed a standard low-fat diet.

<https://www.fromthegravevine.com/israeli-kitchen/health-benefits-about-mediterranean-diet-could-help-you-live-longer>

## Sample Meals for the Day

**Breakfast:** Greek yogurt with nuts & dried fruit, tart cherry or pomegranate juice.

**Lunch:** Mediterranean salad with feta cheese, tuna, whole grain crackers, marinated olives and water with lemon.

**Dinner:** Grilled cod with roasted veggies, fruit, green salad with olive oil and balsamic vinegar, whole grain bread and milk.

**Snacks:** Dried fruit & nut mix, fresh fruits & veggies, hummus, Greek Yogurt with fruit.

Reference: Food & Fitness after 50 by Rosenbloom & Murray



Image by DanaTentis from Pixabay

*“Practice moderation in all things except love.” — Gary Zukav*

# EAT WELL, AGE WELL. MEDITERRANEAN EATING PLAN

## Invite Friends Over!

The Mediterranean eating plan strongly encourages eating together and socializing. In many European countries' meals are an event to be enjoyed and shared.

Sharing stories, asking and caring about others, laughing together and enjoying each other's company has several benefits.

Instead of doing all the meal preparation yourself, invite others to come early and you can all participate in making the meal together!

If it's nice out, take a walk together after the meal. Maintaining an active lifestyle is a key part of this wellness plan.

## Vinaigrette Salad Dressing



Image by missskursovie2013 from Pixabay

### Ingredients:

- Small shallot or yellow onion, peeled and cut into quarters
- ½ cup fresh basil leaves, (or other fresh herb of your choice)
- ¼ cup extra-virgin olive oil
- 3 TBSP red-wine vinegar
- 2 teaspoons honey
- 2 teaspoons Dijon mustard
- ½ tsp. pepper
- ¼ tsp salt

## Instructions

Combine all ingredients in a food processor or blender and pureed until smooth.

Drizzle this dressing over sliced veggies, salads, beans, mix with cold grain salad, etc.

This can be refrigerated up to 5 days, be sure to label with the date prepared.

Recipe adapted from eatingwell.com

### **Nutrition per 2 TSBP serving:**

Calories: 96, Sodium: 120 mg,  
Potassium: 28 mg, Magnesium: 4 mg,  
Calcium: 9 mg, Total Fat: 9.4 grams,  
Saturated Fat: 1.3 gram, Chol: 0 mg,  
Carbohydrate: 2.7 grams, Added  
Sugars: 2 g, Protein: 0.2 g

*Sometimes... Just spending some quality time with good friends is the only therapy you need."*

# EAT WELL, AGE WELL. MEDITERRANEAN EATING PLAN

## Sneak Fruit & Veggies into Breakfast

Starting your day out with fruits & veggies helps get the day started with lots of fiber, vitamins, minerals and antioxidants.

Add beans, spinach, kale or salsa to eggs or breakfast potatoes.

Avocados mashed with a little salt-free garlic herb seasoning or garlic powder or tomato slices on toast is yummy. Heck, the British eat baked beans on toast, why not give it a try! The beans will give you some added protein as well.

## Green Breakfast Smoothie

Making smoothies can be a simple way to consume a lot of nutrients quickly plus they are easy to make! You can use any fruits or veggies, and if you have some bananas that are getting very ripe, this is a great way to use them.

### Basic Smoothie Recipe

- ½ cup milk of your choice
- 1/3 cup Greek yogurt
- 1 cup green veggies
- 1 medium banana
- ½ cup fresh or frozen fruit chunks
- 1 TBSP Chia seeds (optional)
- 1-2 tsp. vanilla extract, maple syrup, honey, agave syrup (optional)



Image by marijana1 from Pixabay

### Directions:

Blend the milk and yogurt first, then add in the rest of the ingredients and blend until smooth.

Garnish with a slice of fresh fruit or sprinkle with cinnamon or herb or spice of your choice.

Note: The chia seeds boost the fiber, protein and omega-3 healthy fat content.

Recipe inspired by eatingwell.com

*Nature in her green, tranquil woods heals and soothes all afflictions. - John Muir*

Making a meal in one dish means quick clean up! (Makes 2 servings)

## Ingredients:

- 1 TBSP extra-virgin olive oil, divided
- 1/8 c whole-wheat bread crumbs
- 1 TBSP minced garlic, divided
- ½ pound boneless, skinless chicken breast, cut into small pieces
- ½ tsp. Italian Seasoning
- 1/8 tsp. salt & pepper
- 1 ½ cups low-sodium chicken broth
- ¾ cup crushed tomatoes
- 4 ounces (1/2 cup) whole-wheat pasta
- ¼ cup shredded mozzarella cheese
- 1/8 cup Parmesan cheese
- Fresh herbs for garnish (optional)

## One-Skillet Chicken Parmesan Pasta



Image by Mike Goad from Pixabay

## Directions

- 1) Heat ½ tablespoon of oil in large skillet over medium-high heat. Add breadcrumbs and ½ TBSP garlic. Stir and cook until they are golden brown, about 1-2 min. Transfer to a small bowl and wipe out the skillet.
- 2) Heat ½ tablespoon of oil in the pan over med-high heat. Add chicken, Italian seasoning, salt and pepper and the remaining ½ TBSP garlic. Cook, stirring frequently until the chicken is no longer pink. Add the chicken broth, tomatoes and pasta. Bring to a boil. Cook, uncovered, stirring often, about 15-20 minutes or until the pasta is cooked and the sauce has reduced and thickened.
- 3) Sprinkle the breadcrumb mixture and remaining cheese on before serving. If desired, you can place the oven-proof skillet under the broiler for 1 minute to brown.
- 4) Garnish with fresh herbs right before serving. Enjoy!

Recipe adapted from [eatingwell.com](http://eatingwell.com)

*“Eating healthy food fills your body with energy and nutrients. Imagine your cells smiling back at you and saying: “Thank you!”.” – Karen Salmansohn*