



Image by aytalina from Pixabay

## EAT WELL, AGE WELL.

### MEDITERRANEAN EATING PLAN

This eating pattern has been around for over 45 years! It is proven to lower the risk of heart disease, heart attack, stroke, & control blood pressure. It is called the Mediterranean diet because it is based on the dietary patterns of people who live around the Mediterranean Sea (Greece, Italy and Spain). The foods in the plan are rich in healthy fats (olive oil and nuts), emphasizes plant-based proteins (legumes, like lentils, peas, chickpeas, beans, soybeans, and peanuts) fish, poultry and whole grains. These are high in antioxidant nutrients, like vitamin A, C, E and have anti-inflammatory properties.

The diet also encourages distributing protein-rich foods throughout the day to create a muscle-building environment instead of eating 1 big meal a day that tends to promote a muscle-losing environment. If you like to cook, are active and enjoy the flavors of whole foods, this could be a great eating plan for you.

The Mediterranean diet is simple food, simply prepared, using herbs and spices for flavor. Ready to get started? Visit <http://www.eatingwell.com/> and search for the “30 Day Mediterranean Diet Challenge”.

### WEEKLY CHALLENGES

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ADD A HANDFUL OF NUTS EACH DAY

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SUBSTITUTE FISH FOR RED MEAT TWICE THIS WEEK

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EAT 3 MEALS PER DAY WITH EQUAL AMOUNTS OF PROTEIN AT EACH MEAL

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ELIMINATE ADDED SUGAR ONE DAY THIS WEEK

### DID YOU KNOW?

*US News & World Report* ranked it as the “Easiest Diet to follow.”

## Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

### **Week 1:** Give out/Post

- The 1- page overview handout *Eat Well, Age Well. Mediterranean Diet*
- Placemat/handout – *Mediterranean Diet Overview*
- *Monthly Tracking Calendar*

### **Week 2:** Give out/Post

- Placemat/handouts – *Vinaigrette Salad Dressing*
- Table Tent- *Mediterranean Diet Overview*

### **Week 3:** Give out/Post

- Placemat/handouts – *Green Breakfast Smoothie*
- Table Tent- *Mediterranean Diet Tips*

### **Week 4:** Give out/Post

- Placemat/handout- *One Skillet Chicken Parmesan Pasta*

**To print** the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments [pam.vankampen@gwaar.org](mailto:pam.vankampen@gwaar.org)