

# MINUTE NUTRITION NEWS

January 2017

## Have You Heard of the Mediterranean Diet?

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Less of a diet and more of a lifestyle, the Mediterranean Diet is a way of eating that is based on the traditional foods from the countries surrounding the Mediterranean Sea. This style of eating emphasizes cooking and eating minimally-processed foods, mostly vegetables, fruits, whole grains, olive oil, legumes, nuts, seeds and dairy. Fish, seafood, poultry, eggs, dairy are consumed several times a week, and meats even less often.

Research has shown that following the Mediterranean Diet can help reduce the chances of dying from heart disease and cancer, as well as reduce the risk of developing diabetes and possibly Alzheimer's Disease. You don't need to travel far to enjoy this diet. Here are four ways to get you started on the Mediterranean Diet right in your very own kitchen!

### 1) Plan Around Vegetables

Rather than thinking about what vegetable side to go with the meat, think about what meat to go with the vegetable main. For example, make a stirfy and add a small portion of chicken (3 oz) to boost flavour. Throw together a large salad and top with a several small strips of sirloin. Reduce meat portions in traditional dishes (e.g. chili) and add extra veggies or pair with a vegetable soup to volumize your meal.

### 2) Rethink Your Protein

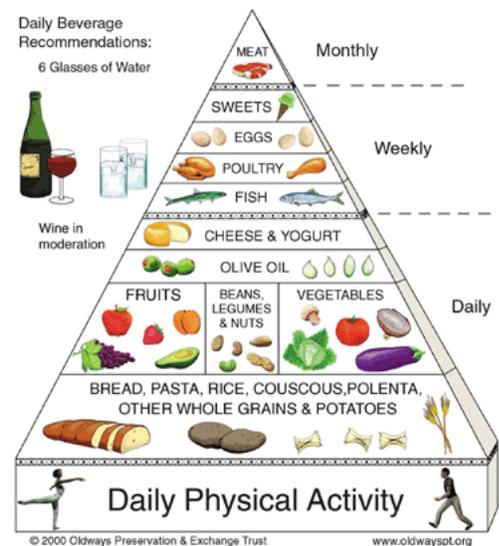
Protein does not only have to be meat or poultry. Seafood and beans are great sources of protein that can lighten up heavy meals. Fatty fish like salmon, sardines, herring, mackerel, anchovies and rainbow trout are great sources of protein, iron, healthy omega-3 fats and vitamin D. Other seafood such as clams, mussels, shrimp, squid, oysters and scallops also provide additional nutrients like vitamins A and B12, and calcium. Beans offer protein and iron along with lots of fibre for a healthy digestive system.

### 3) Swap Your Fats

Use extra virgin olive oil as your main source of fat. This is a healthy fat that helps improve cholesterol levels and prevent heart disease. Skip the butter and dip your breads into extra virgin olive oil and balsamic vinegar. Replace vegetable oils with regular or virgin olive oil in your cooking. Include other healthy fats from avocados, nuts, and seeds.

### 4) Choose Nourishing Snacks

Create nourishing snacks made up of wholesome ingredients. Rather than the store-bought granola bar, you may be better off with your homemade mix of oats, dried cranberries, nuts and seeds. If you're into dips, try veggies or whole grain pita breads with hummus (made from chickpeas), baba ganoush (made from eggplant) or pesto (made with various greens usually basil).



# RECIPE OF THE MONTH

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## Mediterranean Kale, Cannellini and Farro Stew

Try your hand at Mediterranean cooking with this easy and delicious stew! This recipe is packed with nutrients and great for batch cooking to last you through the week!

**Makes three servings (1 serving is about 1 cup)**



### Ingredients:

1 tbsp.	Olive oil
½ cup	Carrots, diced (about 1 small)
½ cup	Sweet onion, diced (1/2 small)
½ cup	Celery, diced (1 rib)
2 cloves	Garlic, minced
3 cups	Chicken broth, no salt added
1 cup	Canned diced tomatoes, no salt added
½ cup	Farro, rinsed
½ tsp	Dried oregano
1	Small bay leaf
1/8 tsp	Salt
2 sprigs	Flat parsley including stems
2 cups	Lightly packed kale, chopped, thick ribs removed
½ (17oz) can	Cannellini beans, canned, drained, rinsed (1 cup)

### Directions:

1. Heat oil in a large pot over medium high heat. Add carrots, onion and celery and saute for a few minutes. Then add garlic.
2. Stir in broth, tomatoes, farro, oregano, bay leaf and salt. Lay parsley sprig on top of soup and bring to a boil. Reduce heat to medium low, cover and simmer for 20 minutes.
3. Remove parsley, and add in kale and cannellini beans. Cover and simmer for 10-15 minutes.
4. Remove bay leaf. Add additional broth if needed or if a thinner consistency is desired.
5. Serve and enjoy!

### Nutrition information (Per serving):

210 calories, Fat 5 g (8% DV), Carbohydrate 35 g (12% DV), Fibre 6 g (24%), Protein 8 g, Sodium 270 mg (11% DV), Sugars 6 g, Vitamin A 100%, Vitamin C 45%, Calcium 10%, Iron 10%