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Eggs & Meats

Nutritional Content:

- Lean sources of protein (eggs, chicken, veal and lamb) are staples in the Mediterranean diet.
- Eaten in moderation, they are rich sources of protein and nutrients vital to muscle, joint and heart health.

How to Eat Them:

- Eat eggs in the morning or add them to a salad.
- Grill, sauté, roast, bake or poach these healthy proteins.
- Avoid deep frying meats to reduce intake of calories and unhealthy fat.

Please consult your physician or healthcare provider with any health-related concerns, including changing your diet or starting an exercise routine. This information should never replace your doctor's advice or care.



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DID YOU KNOW?

Nutritional information from Second Harvest Food Bank of Northwest NC



MEDITERRANEAN BASICS

- Rich in fruit, vegetables, nuts and olive oil – eating the Mediterranean way is known by health and food experts around the world as a nutritious approach to help prevent Alzheimer's, heart disease and high blood pressure.
- It is full of antioxidant-rich and anti-inflammatory foods that prevent free radical damage and reduce inflammation of the body's tissues and blood vessels. It is also rich in a variety of important nutrients and minerals essential for optimal health.



FLAVORFUL MEDITERRANEAN FOODS

Olives & Olive Oil

Nutritional Content:

- High in heart-healthy monounsaturated fats
- Good for your skin and bones

How to Eat Them:

- Add olives to a salad or pizza
- Eat them alone as a satisfying snack
- Use olive oil instead of butter or margarine when cooking

Vegetables

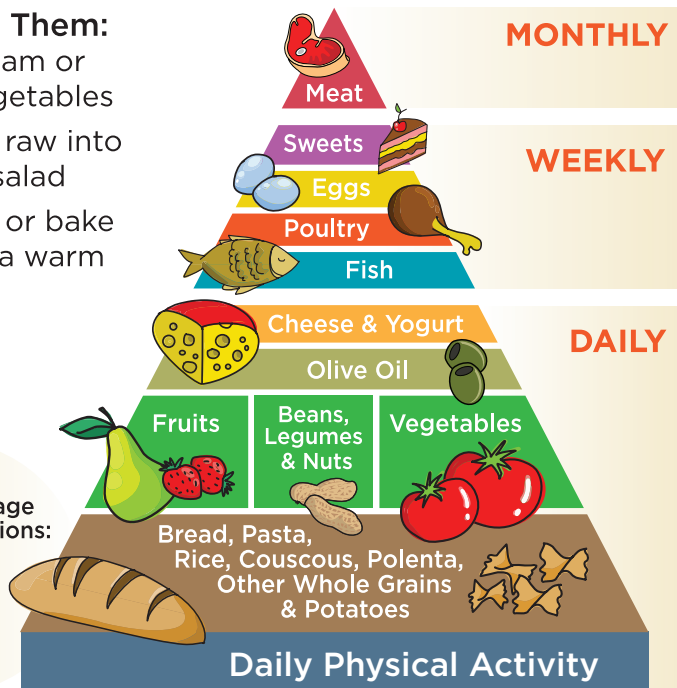
Nutritional Content:

- Focus on: spinach, eggplant, tomatoes, and green beans
- All are high in antioxidants and important vitamins and minerals

How to Eat Them:

- Lightly steam or stir-fry vegetables
- Toss them raw into a healthy salad
- Grill, roast or bake them into a warm casserole

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- Daily Beverage Recommendations:**
- 6 Glasses of water
 - Wine in moderation



Fish

Nutritional Content:

- High in protein and omega-3 fatty acids
- Can protect your brain and heart from degenerative diseases

How to Eat It:

- Grill, roast or bake fresh fish
- Eat fish at least 1-2 times per week

Yogurt

Nutritional Content:

- A good source of calcium
- Eating two to three servings per day will keep your bones strong

How to Eat It:

- With a bowl of fresh berries for breakfast
- Use yogurt instead of sour cream to make dips and sauces

Nuts & Seeds

Nutritional Content:

- A great source of protein, healthy fats, fiber, vitamins and minerals
- Nuts and seeds also help keep your energy levels up throughout the day

How to Eat Them:

- Toss them into trail mix or fresh vegetable salad
- Crush and use to coat baked fish, poultry or lean meat