

# Welcome to the May Statewide Wellness Virtual Lunch and Learn

Hosted by: OSHR Worksite  
Wellness

If you participate in the State Health Plan, you can find a nutritionist close to you by logging into your BCBCNC account or calling BCBS. Dietitian visits are covered at 100% when an in-network provider is used.

Visit [www.shpnc.org](http://www.shpnc.org) to learn more.

Let's LUNCH AND LEARN!

# Mediterranean Diet

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“THE DOCTOR OF THE FUTURE WILL NO LONGER TREAT THE HUMAN FRAME WITH DRUGS BUT RATHER WILL CURE AND PREVENT DISEASE WITH NUTRITION” THOMAS EDISON



## Katie Godin, RD, LDN



- Lifestyle Medical Centers offers Nutrition Counseling to assist with educating you on how to make positive lifestyle changes alongside continual support and encouragement.
- **Services offered:**
- Weight Management
- Women's Health
- Sports Nutrition
- Chronic Disease Counseling
- Bariatric Support
- Smoking Cessation
- Sleep Assessment and Stress Management

# Mediterranean Diet – Best of 2022!

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- Has been voted best diet for past 5 years in a row
- Panel of experts ranking diets
  - Nutritionists and experts in Diabetes, Heart Health, Human behavior, and Weight loss
- Other contenders
  - DASH
  - Flexitarian
- Dietary components evaluated
  - Ease of compliance
  - Short term / Long term effect on weight loss
  - Effectiveness against CVD, Diabetes





# Western vs. Mediterranean

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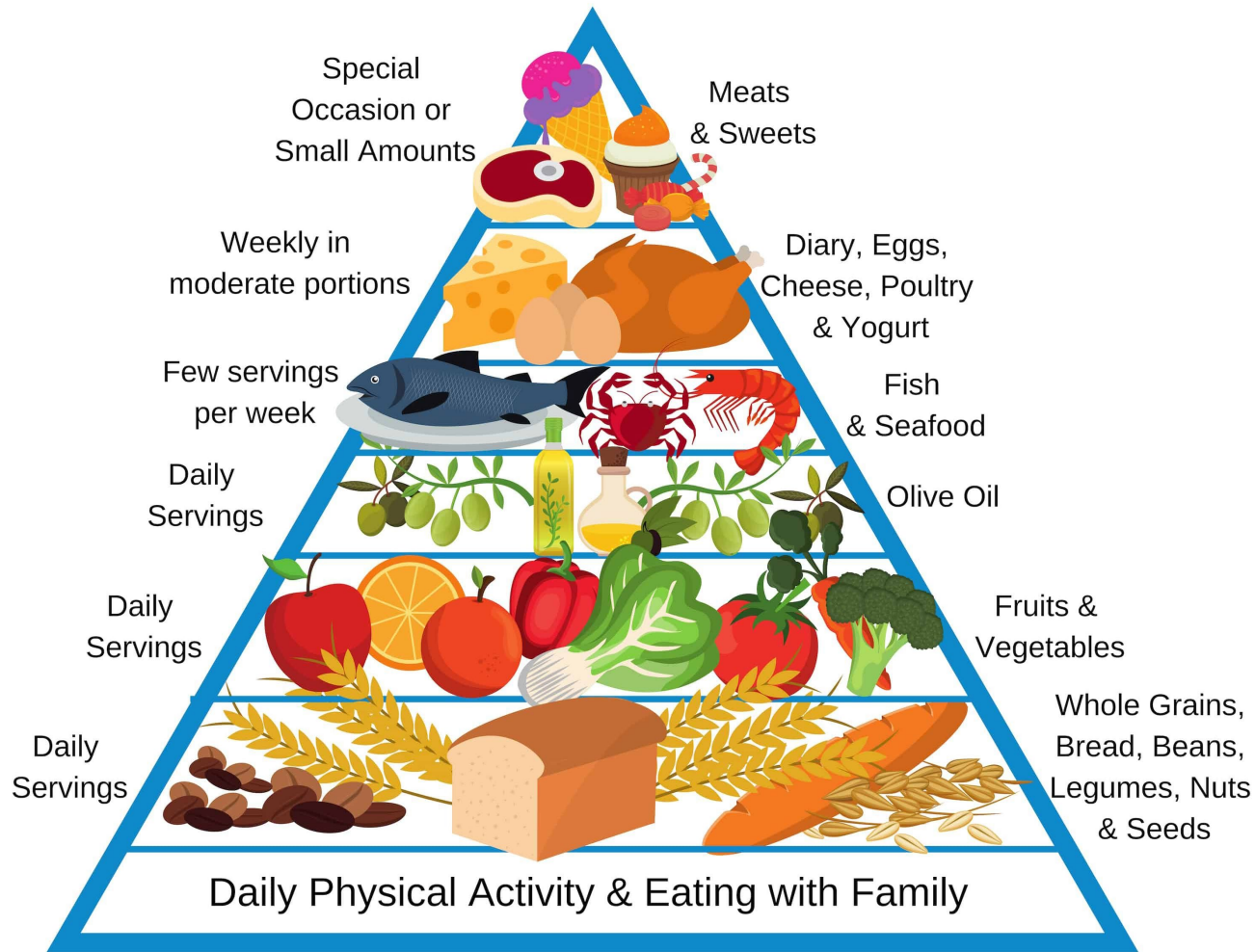


# Why Mediterranean?

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- Reduces some forms of cancer
- Effective in weight management
- Prevent and help control Type 2 Diabetes.
- 40% reduction in development of Alzheimer's and protection from Cognitive Decline (increase of leafy greens / less meat)
- Decreased risk of macular degeneration
- Management of blood pressure
- Reduce risk of cardiovascular disease by up to 30-60%





# MEDITERRANEAN DIET

# Mediterranean Food Pyramid

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# Mediterranean Diet – Specifics

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- Fruit and Veggies : 6 + servings (½ cup)
- Legumes : 3 servings per week (½ cup)
- Whole Grains : 3-6 servings per day (1 slice, ½ cup, 1oz). Oats, Quinoa, Whole grain bread or pasta.
- Nuts / Seeds: 3 servings per week (¼ cup, 1 oz, 2 Tbsp)
- Olive Oil : 1 Tbsp per day





# Mediterranean Diet – Specifics

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Fish/Seafood: 3 servings per week (1 serving = 3-4 oz)

Dairy / Eggs : Lower fat dairy options ; 1 yolk per day

Meat / Poultry : White (2-3 times/week) Red meat (1 serving or 3 oz per week - ex = Flank, Sirloin)

Red Wine : (Optional) 1-2 glasses per day (Women = 1 glass, Men = 2 glasses)

Baked Goods / Desserts:

- Fruit (Berries with yogurt , Baked apples)
- Baked Goods (Use whole grain flour, healthy oils vs. Solid fats, flaxseed egg substitutes)



# What does a day look like?

## Breakfast

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VEGGIE OMELET



OATMEAL WITH BERRIES



# Lunch

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GREEK SALAD



GRILLED CHICKEN, ROASTED  
VEGGIES, AND QUINOA



# Dinner

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SALMON, BROCCOLI, BROWN RICE



VEGETARIAN WHOLE WHEAT PASTA DISH



# Snacks

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BERRIES WITH NUTS



VEGGIES WITH HUMMUS



# Desserts

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MICROWAVED BAKED APPLES



BLACK BEAN BROWNIES WITH  
WALNUTS





## What to limit?

- Sugar / Sweets
- Red Meat (2-3 times/month)
- Processed Meats
- Processed Foods / Refined Grains
- Refined Oils (Vegetable Oil, Soybean Oil, Canola Oil, Corn Oil, Safflower oil)
- Butter/Margarine
- Fast Food
- Sugar Sweetened Beverages



Let's Cook!

# Greek Turkey Burgers



# Resources to learn more ...

- <https://oldwayspt.org/traditional-diets/mediterranean-diet/mediterranean-diet-resources>
- <https://medinsteadofmeds.com/>
- <https://www.skinnytaste.com/>
- <https://www.themediterraneandish.com/>
- <https://www.eatingwell.com/gallery/11424/30-days-of-mediterranean-diet-dinners/>

THANK

YOU

