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 to learn more.

Let’s LUNCH AND LEARN!
Mediterranean Diet

“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!

• 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
Why Mediterranean?

- 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

- Special Occasion or Small Amounts
- Weekly in moderate portions
- Few servings per week
- Daily Servings
- Daily Servings
- Daily Servings
- Olive Oil
- Fish & Seafood
- Diary, Eggs, Cheese, Poultry & Yogurt
- Meats & Sweets
- Fruits & Vegetables
- Whole Grains, Bread, Beans, Legumes, Nuts & Seeds

Daily Physical Activity & Eating with Family
Mediterranean Diet – Specifics

- 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

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

VEGGIE OMELET

OATMEAL WITH BERRIES
Lunch

GREEK SALAD

GRILLED CHICKEN, ROASTED VEGGIES, AND QUINOA
Dinner

SALMON, BROCCOLI, BROWN RICE

VEGETARIAN WHOLE WHEAT PASTA DISH
Snacks

Berries with Nuts

Veggies with Hummus
Desserts

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://oldwayspt.org/traditional-diets/mediterranean-diet/mediterranean-diet-resources)

• [https://medinsteadofmeds.com/](https://medinsteadofmeds.com/)

• [https://www.skinnytaste.com/](https://www.skinnytaste.com/)

• [https://www.themediterraneandish.com/](https://www.themediterraneandish.com/)

THANK YOU!