

The Mediterranean Diet

The Mediterranean Diet and lifestyle reflect the eating patterns in about 15 countries surrounding the Mediterranean Sea. Its key features are the focus on whole plant foods, such as vegetables, fruits, grains, nuts, seeds, herbs, spices, beans and lentils, very low amounts of processed foods and regular exercise. The main animal food is seafood and moderate amounts of poultry, eggs and dairy products and low amounts of red meat are also consumed. Evidence links the diet to multiple health benefits such as increased lifespan, improved brain function, better weight management, and reduced risk of certain cancers, heart disease, diabetes and many other diseases. The Dietary Guidelines for Americans recommend this diet as one of three eating styles that Americans should consider adopting for optimal health. If you are looking for a new and healthy diet, try the Mediterranean Diet – your body will thank you!

For more tips to bring the Mediterranean diet into your kitchen visit:

<https://www.todaysdietitian.com/newarchives/050112p30.shtml>

Grapefruit

Want to boost your morning breakfast with a low-calorie, nutrient-packed fruit? Try the grapefruit! It's an excellent source of vitamin C and antioxidants that are both important for your body's immune system. It consists of about 90% water making it one of the most hydrating fruits you can eat to help keep your body hydrated. And, the majority of the world's grapefruit is grown in Florida! So, grab one, two or a few from your local market and enjoy this nutrient-packed fruit on its own or in any number of easy and fun recipes, like the one below.

Grapefruit Avocado Salad with Citrus Vinaigrette

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| - 2 large pink grapefruits, peeled, segmented
seeds removed | - 1 tablespoon fresh lime juice |
| - 2 medium ripe avocados, peeled & sliced | - 2 teaspoons honey |
| - 1 tablespoon minced shallots or green
onion | - ¼ teaspoon allspice |
| - ¼ cup canola oil | - Freshly ground black pepper & salt, to taste |
| - 2 tablespoons white wine vinegar | - 2 cups watercress or shredded lettuce |
| | - ¼ cup chopped roasted, unsalted cashews |
| | - Candied ginger, for garnish |

1. After segmenting the grapefruits, squeeze any juice from the membrane and set aside.
2. To make vinaigrette, combine shallots with the grapefruit juice, vinegar, lime juice, honey and allspice. Season with black pepper & salt to taste. Whisk well to mix ingredients.
3. Divide watercress between 4 salad plates. Layer the grapefruit segments & avocado slices over the watercress. Drizzle vinaigrette on top. Sprinkle with cashews and, if desired, candied ginger.
4. Enjoy!