



Mediterranean Style of Eating

The Mediterranean style of eating is considered to be one of the healthiest eating patterns in the world. It is not a formal diet plan. Rather, it is the healthy eating behaviours and patterns seen on a day-to-day basis. Foods typically eaten include: fresh vegetables and fruit, whole grains, beans, lentils, fish, and olive oil. Animal based foods such as poultry and red meat and highly processed foods containing high amounts of sugar, sodium and saturated fat are consumed less often.

The Mediterranean style of eating focuses on the consumption of whole foods and emphasizes cooking meals from scratch at home. It embraces a “vibrant” way of life; enjoying meals with family and friends.

The foods that are associated with the Mediterranean style of eating are available in Alberta, so planning a trip to the Mediterranean isn’t required.



Incorporating these foods into everyday meals can be simple and delicious.

Simple Tips Include:

1. Eat a variety of vegetables and fruit with each meal
2. Choose olive oil as your fat of choice
3. Eat beans, peas, and lentils instead of meat 3 or more times per week
4. Eat fish instead of meat 3 or more times per week
5. Choose whole grains like whole grain rice, pasta, and bread, instead of refined grains
6. Use herbs and spices to flavour your food
7. Enjoy nuts, seeds, olives and avocados 3 or more times per week

Nutritional Benefits

This style of eating consists of a variety of foods that contain many beneficial nutrients such as:

- Fibre
- Vitamins/minerals
- Phytonutrients
- Healthy fats: Omega-3s

These nutrients may help manage weight, diabetes, and blood pressure.

Sofrito Recipe

Sofrito is a basic sauce that is typically used in stews, soups, or pizza toppings. The recipe can be modified in a variety of ways to add more vegetables, and herbs and spices.

Servings: 6 (60 mL/¼ cup/100 g)

Ingredients:

- 4 medium tomatoes, chopped (or 2 cups/500 mL canned tomatoes, no added salt)
- ½ large onion, chopped
- 2 cloves garlic, minced
- 1½ tsp (8 mL) Italian seasoning
- 2 Tbsp (30 mL) Extra virgin olive oil

Directions:

1. Place all ingredients in saucepan on medium heat until bubbles form. Stir the mixture and reduce heat to low.
2. Cover the saucepan and simmer on low heat for 30 minutes. Add water if the sauce becomes too thick.

Upcoming Nutrition Classes (most classes are free)

Brooks:

Mealtime Struggles: Tips and strategies for dealing with picky eaters.

Thurs. Oct 17, 2019, 5:30 – 7:00 p.m. Register: 403-501-3315 or at [ahsbrooksnutrition.eventbrite.ca](https://www.eventbrite.ca/ahsbrooksnutrition)

Grocery Store Tour: Thurs. Sept 26, 2019, 6-7 p.m.

Register: 403-501-3315 or at [ahsbrooksnutrition.eventbrite.ca](https://www.eventbrite.ca/ahsbrooksnutrition)

Alberta Healthy Living Program Classes: Ongoing, see Alberta Healthy Living Program below.

Medicine Hat:

Nutrition and Healthy Eating During Pregnancy: Find out about important vitamins and minerals during pregnancy, food safety, prenatal weight gain and more! **Mon. Sept 16 or Oct 28, 2019, 6 - 8 p.m.**

Register: www.ahs.ca/prenatal (use filters to look for nutrition in the course name) or 403-502-8215

Infant Nutrition: Information on feeding babies 0 to 12 months.

Mon. Oct 7 or Dec 2, 2019, 2:45 – 4:00 p.m.

Register: 403-502-1411 or at [ahsmedhatnutrition.eventbrite.ca](https://www.eventbrite.ca/ahsmedhatnutrition)

Mealtime Struggles: Tips and strategies for dealing with picky eaters.

Mon. Sept 9, 2019, 7:00 – 8:30 p.m. at Medicine Hat Public Library.

Register: 403-502-8525 or at [ahsmedhatnutrition.eventbrite.ca](https://www.eventbrite.ca/ahsmedhatnutrition)

Alberta Healthy Living Program Classes: Ongoing, see below.



Lethbridge:

Baby Steps Infant Nutrition Information on feeding babies 0-12 months. Ongoing. Register 403-388-6668.

Grocery Store Tour: Thurs. Oct 10, 1:30 – 4:00 p.m. Safeway South. Register 403-388-6654

Alberta Healthy Living Program: Classes are ongoing throughout South Zone to help manage chronic conditions. Topics include Diabetes, Weight Management, Stress Management, Healthy Eating to Reduce your Risk, Emotional Eating and more. For information on sessions available go to: bit.ly/2CAfSnN

To register call: **Lethbridge 403-388-6654: Medicine Hat 403-529-8969: Brooks 403-793-6659**

Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

2948 Dunmore Rd. SE 403-502-8200
Medicine Hat, AB, T1A 8E3

440 3rd Street East 403-501-3300
Brooks, AB, T1R 1B3

801 1st Avenue South 403-388-6666
Lethbridge, AB, T1J 4L5

For more information on this or other nutrition topics, go to www.healthyeatingstartshere.ca

