

MedwellNews

MAY 2016 – ISSUE NO. 9



MEDITERRANEAN EATING IN YOUR HOME

We do not need to travel to the other end of the globe to eat a Mediterranean style diet. We can do it with a variety of cultural and traditional foods following these simple guidelines.

- Vegetables should be the building blocks of your diet. From side salads, to sautéed veggies, to veggie based soups. Make them a staple at your meals. It is also important to incorporate fruits into your meals.
- Meat should be a smaller component of your diet. Incorporate meats into dishes versus having them be the main focus. For example, top some asparagus with a little bit of crumbled bacon versus having 2 strips alongside some eggs. Try to stretch out a one-person meat serving to a three-person serving.
- Consider eating seafood a few times per week.
- Choose full-fat dairy that is free of added sugar and control the amount of portions consumed.
- Enjoy sugar in the proper context. Enjoy desserts on special occasions rather than having them on a regular basis. In addition, decrease your consumption of highly sweetened beverages.
- Serve your carbs such as rice, breads, cereals, and pasta in portion controlled amounts. Eat them slowly, and you will notice that you are satisfied with less through simply enjoying every bite.

RECIPE ♀ THE MONTH



Open Face Mushroom Brie

You'll Need

- 2 tablespoons olive oil
- 1 ½ cups white mushrooms, finely chopped
- 1 teaspoon garlic, minced
- ½ cup red onion, finely diced
- 1 tablespoon red wine vinegar
- 1 tablespoon water
- Salt and pepper as needed
- 2 tablespoons parsley, finely chopped
- 4 slices French or Italian style bread
- 4 slices brie cheese

Directions:

- Heat the oil in a skillet and add the mushrooms, garlic, onion, vinegar, water, salt and pepper.
- Cover and cook for 3 minutes.
- Remove the cover and cook on low heat until mushrooms are tender.
- Transfer the mushrooms to a bowl and add parsley.
- Toast the bread.
- Preheat a broiler. Place the bread on a baking sheet and top with mushrooms. Lay a piece of cheese on top and place under the broiler until melted.
- Serve immediately.

WELLNESS NEWS OF THE WEIRD



Common ingredients of the current American diet include high fructose corn syrup, artificial sweeteners, partially hydrogenated oils, bleached flour, food dyes, artificial flavors, and many other chemical preservatives and additives. It is virtually impossible to find these ingredients in any foods in France.

PARTY LIKE A MEDITERRANEAN

Now come on, who actually needs an excuse to throw a party? The Mediterranean people are excellent at this! It's almost like every meal is a true celebration of loved ones and the blessings of life! Let's live like them and make gatherings around food a time to celebrate, de-stress and enjoy life!

Here are some suggestions that offer a twist on typical parties. Remember to enjoy yourself and the company of others!

Burrito Party

Provide tortillas and a variety of toppings. Allow your guests to create their own burritos!

Cultural Party

Pick a culture and have different foods from that culture for tasting.

Pot Luck

Have everyone bring a themed dish.

WALK, WALK, AND WALK

In the Mediterranean, people WALK EVERYWHERE. Recent research indicates that walking, like other forms of cardiovascular exercise, can increase the "positive-feeling" endorphins released in our bodies.

Figure out how you can live Mediterranean no matter where you are or how you reside by finding times you can add some steps like parking farther, taking the stairs, or finding a walking buddy!

Are you feeling a little sluggish or a bit down? A short walk may be just what you need!



ASK WILL

I tend to feel hungry between lunch and dinner. Do you have any suggestions to handle this?

The ender is a very Mediterranean tool that can be a way to help curb between meal snacking. Here is the strategy:

- Finish your meal.
- Wait approximately 5 to 15 minutes.
- Next, have something that is rich in fat but in a small amount. For example, enjoy a small piece of dark chocolate, some nuts, or a piece of cheese.

Now again, size matters here. The smaller the better and take your time with it to make it last. This works because fat keeps us satisfied due to how it is processed in the body.

You may want to also consider ending your meal with a cup of coffee or tea. Both of these alone are calorie-free and the caffeine works as a natural appetite suppressant.



This little tag onto the end of a meal can be enough to curb between meal snacking. Try different enders out to see which works the best for you.



HAVE A QUESTION?

Email him:
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