

Something to Chew On

Dining Trends: The Mediterranean Diet

#1 Dietary Pattern of the Year

U.S. News & World report announced earlier this year that the Mediterranean diet (MedDiet) has the Dietary Approaches to Stop Hypertension (DASH) diet beat in terms of the best diet of the year. In 2018, these two diets were tied for the top spot, not surprisingly. It is important to note that the term "diet" is an understatement – the MedDiet is more of a "lifestyle approach" for long term adherence.

What is the MedDiet?

Focusing on a generally healthy eating pattern, this "diet" emphasizes plant based foods such as fruits, vegetables, whole grains, and legumes/nuts, all of which are abundant in fiber, nutrients, and antioxidants. It is relatively high in fat from healthier options such as olive oil and canola oil, which limits saturated fat but still creates a palatable dish.

Why the MedDiet?

Eric Rimm, ScD, a professor of epidemiology and nutrition director of the cardiovascular epidemiology program at Harvard, explains "for chronic disease prevention, the MedDiet has been tested and proven to reduce the risk of cardiovascular disease, diabetes, and other chronic conditions."

Despite WW (formerly Weight Watchers) holding the number one spot for best weight loss diets in 2019, improved weight outcomes exist by following the MedDiet. By consuming extra virgin olive oil and/or nuts and without restricting fat or calories, bodyweight decreased with a trend of less fat accumulation in the abdomen area and decreased blood pressure. This, of course, does not mean it is acceptable to drink olive oil by the bottle. Moderation is key!

Studies show that by following the MedDiet, subjects had 25% less risk of developing cardiovascular disease over 12 years. This reduction can be attributed to changes in inflammation, blood sugar, and BMI.

Research shows that those who stick to the MedDiet may have a lower risk of developing type 2 diabetes compared to those who don't. For patients who already have type 2 diabetes, olive oil consumption significantly lowered their HgbA1c level, which indicates long term glucose control.

Today's Dietitian News

July 1, 2019

Volume 1, Issue 5

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What's Cooking?

Mediterranean Couscous Entree

Ingredients

- 15.5 oz can chickpeas, rinsed and drained
- 1 c. whole wheat couscous
- 1 ¾ c. water
- 2 medium chopped cucumbers
- ¾ c. chopped red onion
- 1 pint chopped tomatoes
- 1 tbsp. juice from lemon wedge
- 1 ½ tbsp. olive oil
- Salt and pepper to taste
- 4 Tbsp reduced fat feta cheese crumbles

Directions

- Cook couscous according to package directions. Allow to cool for 10 minutes.
- Combine chickpeas, cucumber, onion, tomatoes, olive oil, salt and pepper to taste and lemon juice. Sitr.
- Mix together couscous with chickpea/veggie mixture. Top with feta cheese crumbles.
- Refrigerate until cold and serve when ready!

Serves 4

Nutrition Facts

PER SERVING:

Nutrient	Amount
Calories	466
Total Fat	9.9g
Sodium	271mg
Total Carb.	80g
Dietary Fiber	14 g
Total Sugars	13g
Protein	17 g



Congratulations to the following Managers for a 100% Survey or Sanitation Inspection:

- ☑ Blaine P - CO Senior Community
- ☑ Brian M - WI Senior Community
- ☑ Christina L - MN Senior Community
- ☑ Danielle J - MN Senior Community
- ☑ Jeff R - MN Senior Community
- ☑ Kristie T - MN Residential Program
- ☑ Lena K - MN Senior Community
- ☑ Patty M - WI Senior Community
- ☑ Rikki H - MN School Nutrition Program
- ☑ Tammy B - MN Senior Community

Employees of the Month

- January - Jack K – MN
- February – Lory E – MN
- March – Lydia E - MN
- April- Miquel S.- MN
- May- Matt N- MN

RD of the Year

- ☑ Claire M-WI

Managers of Quarter

- ☑ Brad P. – MN Senior Program
- ☑ Gail C. – WI Senior Program
- ☑ James M. – MN Residential program

Food Safety Tips: Grilling 101

Summer is the time for outdoor picnics, gatherings, and GRILLING season! We are not the only ones, however, looking forward to the hot temperatures – it creates the perfect atmosphere for foodborne bacteria to flourish. Follow these simple steps to ensure safe food practices this season.

Separate

When grocery shopping, be sure to stop at the meat, poultry, and seafood counter last, right before checkout. Ask your bagger to bag these items separately from your other food to prevent cross contamination.

Chill

Keep meat, seafood, and poultry refrigerated until ready to grill. When transporting, keep below 40°F in an insulated cooler or bag. Many grocery stores have insulated bags right at the checkout counter.

Clean

You’ve heard it once or twice before - WASH YOUR HANDS! After handling raw meat, be sure to wash your hands with soap and water and sanitize your cutting surfaces.

Check your Grill and Tools

Clean the grill before use with a moist cloth or paper towel. If using a wire bristle brush to clean, check the surface before use to ensure no fragments are left behind.

Don’t Cross Contaminate

Throw out sauces and marinades that have come into contact with raw meats. Use clean utensils and a clean plate to remove food from the grill.

Cook

Use a food thermometer to make sure your meat has reached the proper temperature to kill off harmful bacteria.

- 145°F – whole cuts of beef, pork, lamb, veal and fish
- 160°F – hamburgers and other ground beef
- 165°F – all poultry and pre-cooked meats, like hot dogs

After grilling

- 140°F or warmer – hold until serving

Refrigerate

Do not let leftovers sit out too long. Divide into small portions and place in covered, shallow containers. Place in freezer or fridge within two hours of cooking (one hour if above 90°F outside).

cdc.gov/foodsafety

Seasonal Nutrition Facts: Blueberries

Blueberries are a nutrient powerhouse, packed with vitamin C, antioxidants, and fiber and contain virtually no fat or sodium. A one cup serving contains only 80 calories, 16% of your daily vitamin C requirement, and 3.6g fiber.

Do you still need a reason to grab a handful? Studies show that just one cup per day significantly increases “good” cholesterol levels.

They also have been shown to lower risk factors associated with heart attack and stroke. Other research shows benefits to aging, brain function, gut health, and inflammation, just to name a few.

Did you know?

- Peak blueberry season runs from mid-June to mid-August.
- Blueberries freeze in just four minutes
- Ten states are

responsible for 98% of U.S. blueberry production

- Under ideal conditions, the blueberry plant can survive up to 60 years

Blueberrycouncil.org

