

Celebrate International Mediterranean Diet Month!

Healthy Tips to Make Every Day in *May* Mediterranean

MONDAY

PASS THE HUMMUS

Serve this heart-healthy spread as a dip for raw veggies, or in place of mayonnaise in wraps, sandwiches, and hard-cooked eggs.

4

TUESDAY

PLAY WITH DESSERT

Dip whole strawberries, diced pineapple, or orange slices into Greek yogurt, then into chopped nuts or dried fruit for a yummy hands-on treat.

5

WEDNESDAY

THINK SOUP

Make a batch of lentil or minestrone soup as a hearty lunch or as a first course for dinner. Home-made soups cut sodium and add flavor.

6

THURSDAY

HEART-HEALTHY FATS

Enjoy healthy fats, such as extra-virgin olive oil, nuts, peanuts, seeds, olives, and avocados in your daily meals.

7

FRIDAY

OLIVES ON THE GRILL

Thread olives on skewers along with bell pepper chunks and mushrooms, and grill until sizzling.

8

SATURDAY & SUNDAY

BUILD A BETTER PIZZA

Start with a layer of tomato sauce, Greek yogurt, or pesto; add olives, capers, tomatoes and other fresh or sauteed veggies, bits of prosciutto, even seafood, including tuna, anchovies, and shrimp; top with small amounts of cheese.

9-10

GREEK YOGURT

Use Greek yogurt in place of sour cream, for topping soups and stews, or mixed with herbs and spices to make fabulous dips.

11

EAT BREAKFAST

Start your day with fiber rich foods such as fruit and whole grains that can keep you feeling pleasantly full for hours.

12

BE SEED SAVVY

Crush fennel, poppy, or sesame seeds with a mortar and pestle, or oven roast for a few minutes, and add to veggies or grains for great flavor.

13

EGGS FOR DINNER?

Sure! Cook a frittata filled with sliced zucchini, tomatoes, a hint of cheese, and some freshly chopped basil. Serve with a fresh green salad.

14

NUTS' SWEET SIDE

Add peanuts or walnuts to muffins and breads, and benefit from the added taste as well as the extra fiber and protein.

15

SECRET INGREDIENT:

What's rich in heart-healthy omega-3s, inexpensive, and keeps for weeks in the pantry? **Sardines** are a smart choice for quick protein fixes, as sandwich fillings, in salads, or paired with sauces for

16-17

GO MEATLESS

Cook a vegetarian meal one day a week, then aim for two days. Rely on beans, nuts, peanuts and whole grains for healthy proteins.

18

TURN UP THE FLAVOR....

with Mediterranean spices. Try cumin dusted chicken, or salmon with fennel. You will love the added flavors spices bring to any dish.

19

WHOLE GRAINS

Switch your white rice to brown in Med paellas, risottos or dolmas, or try farro or quinoa at dinner. Oatmeal and popcorn are whole grains too!

20

IN YOUR FREEZER

Keep frozen beans and peas on ice, and add them to pasta and grain dishes for fresh flavor and color.

21

REACH FOR BEANS

Drain and rinse cans of white, red or black beans. Sauté with garlic and olive oil then add spinach or other greens and cook briefly. A meal in minutes!

22

BUILD A ONE-MEAL BOWL

Start with lettuce and greens, then add fresh herbs, vegetables, cooked seafood, a bit of cheese, citrus, nuts, and olives, a few leftover cooked grains, and drizzle with olive oil for a quick and healthy meal. AND only one bowl to clean!

23-24

AVOCADOS FOR ALL

You're never too young (or too old) to love avocados! Smash with a fork and serve to babies, or use to top your morning toast.

25

GO FISHING AT YOUR SUPERMARKET

Look for fatty fish, such as salmon, tuna, and mackerel to maximize the brain and heart benefits of omega-3s.

27

SWEET ENDINGS

Save baked goods and ice cream for special occasions; end your meals with berries or melon topped with a dollop of Greek yogurt.

28

ROASTED VEGGIES

Bring out the flavor of fresh vegetables by tossing them lightly with olive oil and roasting at 425°F for 10 to 20 minutes.

A POT OF PASTA

Start with a cup of cooked pasta then add chopped veggies, beans, and shrimp for a healthy pasta meal. Bonus points for whole grain pasta!

30-31

EAT WITH OTHERS

Cooking and enjoying meals with others contributes to your good health. Break bread with friends or family.

1

SECRET INGREDIENT:

What adds zip to any sandwich, salad or even breakfast eggs? **Sundried tomatoes!** Always in season and packed with vitamin C, these flavor boosters are great in just about anything.

2-3

