

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

