



FEEDING AMERICA'S BRAVEST STUDY

Firefighters Mediterranean Diet Intervention Booklet



I. MEDITERRANEAN DIET: GENERAL RECOMMENDATIONS

In the following table you can find the main goals of the Mediterranean Diet

FOOD	GOAL
RECOMMENDED	
1. Olive oil (extra virgin if possible)	Main culinary fat or ≥ 4 tbsp/day
2. Tree nuts and peanuts (peanut butter without hydrogenated fat)	≥ 3 servings/wk
3. Fresh fruit	≥ 3 servings/day
4. Vegetables	≥ 2 servings/day
5. Fish (including fatty fish) and seafood	≥ 3 servings/wk
6. Legumes (chickpeas, beans, lentils)	≥ 3 servings/wk
7. Sofrito ^a	≥ 2 servings/wk
8. Fresh Herbs, Allium (onion, garlic, etc)	≥ 2 servings/day
9. Yogurt	≤ 2 servings/day
10. White meat	Instead of red meat (2-3 servings/wk)
11. Whole grains/cereals ^b	Instead of refined grains
12. Wine with meals (optional, only for habitual drinkers) ^c	≥ 7 glasses/wk
DISCOURAGE	
13. Soda drinks	< 1 drink/day
14. Spread fats	< 1 serving/day
15. Red and processed meats	< 1 serving/day (< 2 servings/wk)
16. Commercial bakery foods sweets, and pastries ^d	< 3 servings/wk
17. Fast food	≤ 1 /wk

^a Sofrito is a tomato sauce made with onion and garlic, slowly simmered with olive oil

^b Women 75 g/day, men 90 g/day or ≥ 5 servings/day. Whole grains brown rice, whole grain bread and pasta. Multigrain no necessarily means that they include whole flour, check.

^c Optional and only for habitual drinkers without alcohol-related health problems

^d Homemade sweets are preferable to store-bought or commercially-produced sweets

II. EIGHT SIMPLE STEPS FOR EATING THE MEDITERRANEAN WAY (from <http://oldwayspt.org/resources/heritage-pyramids/get-started-go-med>)



1. Eat lots of vegetables. From a simple plate of sliced fresh tomatoes drizzled with olive oil and crumbled feta cheese to stunning salads, garlicky greens, [fragrant soups](#) and stews, healthy pizzas, or oven-roasted medleys, vegetables are vitally important to the fresh tastes and delicious flavors of the Med Diet.

2. Change the way you think about meat. If you eat meat, have smaller amounts – small strips of sirloin in a vegetable sauté, or a dish of pasta garnished with diced prosciutto.



3. Enjoy some dairy products. Eat Greek or plain yogurt, and try smaller amounts of a variety of cheeses.

4. Eat seafood twice a week. Fish such as tuna, herring, salmon, and sardines are rich in omega-3 fatty acids, and shellfish including mussels, oysters, and clams have similar benefits for brain and [heart health](#).

5. Cook a vegetarian meal one night a week. Build meals around beans, whole grains, and vegetables, and heighten the flavor with fragrant herbs and spices. Down the road, try two nights per week.



6. Use good fats. Include sources of healthy fats in daily meals, especially extra-virgin olive oil, nuts, peanuts, sunflower seeds, olives, and [avocados](#).

7. Switch to whole grains. Whole grains are naturally rich in many important nutrients; their fuller, nuttier taste and extra fiber keep you satisfied for hours. Cook traditional Mediterranean grains like bulgur, barley, farro and brown, black or red rice, and favor products made with whole grain flour.

8. For dessert, eat fresh fruit. Choose from a wide range of delicious fresh fruits — from fresh figs and oranges to pomegranates, grapes and apples. Instead of daily ice cream or cookies, save sweets for a special treat or celebration.

III. 10 WAYS TO ADD MORE FLAVORS TO YOUR WATER

1. Squeeze it: Add a squeeze of lime or lemon (or both)



2. Mash it: Mash up blueberries in the bottom of your glass, and then pour your water over

3. Go Citrus: Freeze orange slices and use as ice cubes

4. Mint it: Put in a pinch of mint leaves for a refreshing beverage



5. Make a splash: Pour in a splash of unsweetened cranberry juice

6. Cube it: Make ice cubes out of no-sugar-added juice and add to your water

7. Infuse it: Fill a large jug with water, sliced fruit, and ice. Refrigerate overnight for a yummy morning thirst quencher



8. Cuke it: Add sliced cucumbers for a refreshing zing

9. Tea Time: Brew your green or white tea, and then chill.



10. Soak it: Add pineapple chunks and let sit for at least two hours



Get your **water fix.**

The cup is on us.



Lemon water is rich in Vitamin C, so it is good for your skin and an excellent help to eliminate free radicals

IV. MEDITERRANEAN RECIPES

By Mayo Clinic Staff <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet-recipes/art-20046682?pg=1>

For each recipe, Please use extra virgin olive oil.

MAIN DISHES

MEDITERRANEAN-STYLE GRILLED SALMON

Dietitian's tip:

Instead of the usual breaded and fried fish, this fish is grilled, Mediterranean style. You may substitute swordfish, halibut, sea bass or any other whitefish, and the calorie values are similar.

Serves: 4

Ingredients

1. 4 tablespoons chopped fresh basil
2. 1 tablespoon chopped fresh parsley
3. 1 tablespoon minced garlic
4. 2 tablespoons lemon juice
5. 4 salmon fillets, each 5 ounces
6. Cracked black pepper, to taste
7. 4 green olives, chopped
8. 4 thin slices lemon

Directions

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source. In a small bowl, combine the basil, parsley, minced garlic and lemon juice. Spray the fish with cooking spray. Sprinkle with black pepper. Top each fillet with equal amounts of the basil-garlic mixture. Place the fish herb-side down on the grill. Grill over high heat. When the edges turn white, after about 3 to 4 minutes, turn the fish over and place on aluminum foil. Move the fish to a cooler part of the grill or reduce the heat. Grill until the fish is opaque throughout when tested with the tip of a knife and an instant-read thermometer inserted into the thickest part of the fish reads 145 F (about 4 minutes longer). Remove the salmon and place on warmed plates. Garnish with green olives and lemon slices.

PASTA WITH SPINACH, GARBANZOS AND RAISINS

Dietitian's tip:

The key to this recipe is to have the pasta and sauce done at the same time so that they don't overcook. This is a great recipe for two cooks in the kitchen.

Serves 6

Ingredients

1. 8 ounces farfalle (bow tie) pasta
2. 2 tablespoons extra virgin olive oil
3. 4 garlic cloves, crushed
4. 1/2 can (19 ounces) garbanzos, rinsed and drained
5. 1/2 cup unsalted chicken broth
6. 1/2 cup golden raisins
7. 4 cups fresh spinach, chopped
8. 2 tablespoons Parmesan cheese
9. Cracked black peppercorns, to taste

Directions

Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly.

In a large skillet, heat the olive oil and garlic over medium heat. Add the garbanzos and chicken broth. Stir until warmed through. Add the raisins and spinach. Heat just until spinach is wilted, about 3 minutes. Don't overcook.

Divide the pasta among the plates. Top each serving with 1/6 of the sauce, 1 teaspoon Parmesan cheese and peppercorns to taste. Serve immediately.

BARLEY AND ROASTED TOMATO RISOTTO

Dietitian's tip:

When cooked slowly, barley takes on a creamy texture like that of the short-grain arborio rice used in Italian risottos — but with a lot more fiber. Serve as a hearty side dish or light vegetarian main course.

Serves 8

Ingredients

1. 10 large plum (Roma) tomatoes, about 2 pounds total weight, peeled and each cut into 4 wedges
2. 2 tablespoons extra-virgin olive oil
3. 1 teaspoon salt
4. 1/2 teaspoon freshly ground black pepper
5. 4 cups vegetable stock or broth
6. 3 cups water
7. 2 shallots, chopped
8. 1/4 cup dry white wine, optional
9. 2 cups pearl barley
10. 3 tablespoons chopped fresh basil, plus whole leaves for garnish
11. 3 tablespoons chopped fresh flat-leaf (Italian) parsley
12. 1 1/2 tablespoons chopped fresh thyme
13. 1/2 cup grated Parmesan cheese, plus extra ungrated Parmesan for making curls for garnish

Directions

Preheat the oven to 450 F.

Arrange the tomatoes on a nonstick baking sheet. Drizzle with 1 tablespoon of the olive oil and sprinkle with 1/4 teaspoon of the salt and 1/4 teaspoon of the pepper. Toss gently to mix. Roast until the tomatoes are softened and beginning to brown, 25 to 30 minutes. Set aside 16 tomato wedges to use for a garnish.

In a saucepan, combine the vegetable stock and water and bring to a boil over high heat. Reduce the heat to low and keep at a simmer.

In a large, heavy saucepan, heat the remaining 1 tablespoon olive oil over medium heat. Add the chopped shallots and saute until soft and translucent, 2 to 3 minutes. Stir in the white wine, if using, and cook until most of the liquid evaporates, 2 to 3 minutes. Stir in the barley and cook, stirring, for 1 minute. Stir in 1/2 cup of the stock mixture and cook until the liquid is completely absorbed, stirring occasionally. Continue stirring in the stock mixture in 1/2-cup increments, cooking each time until the liquid is absorbed before adding more, until the barley is tender, 45 to 50 minutes total. Remove from the heat and fold in the tomatoes, chopped basil, parsley, thyme and grated cheese. Add the remaining 3/4 teaspoon salt and 1/4 teaspoon pepper and stir to combine.

Divide the risotto among warmed individual shallow bowls. Garnish with the reserved roasted tomato wedges and the whole basil leaves. Using a vegetable peeler, cut a curl or two of Parmesan cheese for topping each serving.

GROUPEL WITH TOMATO-OLIVE SAUCE

Dietitian's tip:

Grouper — a firm white-fleshed fish that can be baked, broiled, poached or steamed — is a great low-fat source of protein, B vitamins, iron and potassium.

Serves 4

Ingredients

1. 4 grouper fillets or steaks, each 5 ounces and about 1-inch thick
2. 1/2 teaspoon salt
3. 1/4 teaspoon freshly ground black pepper
4. 1 1/2 tablespoons extra-virgin olive oil
5. 1 yellow onion, finely chopped
6. 2 cloves garlic, minced
7. 3 tomatoes, peeled and seeded, then diced
8. 5 large pimiento-stuffed green olives, sliced
9. 1 tablespoon capers, rinsed
10. 1 jalapeno chili, seeded and cut into 1-inch julienne
11. 2 tablespoons fresh lime juice

Directions

Sprinkle the grouper steaks on both sides with 1/4 teaspoon of the salt and 1/8 teaspoon of the pepper. In a large, nonstick frying pan, heat 1 1/2 teaspoons of the olive oil over medium-high heat. Add the fish to the pan and sear on both sides until lightly browned, about 2 minutes a side. Transfer to a plate and keep warm.

Reduce the heat to medium and add the remaining 1 tablespoon olive oil to the pan. Add the onion and saute until soft and lightly golden, about 6 minutes. Add the garlic and saute until softened, about 1 minute. Add the tomatoes, olives, capers and jalapeno and simmer for 10 minutes to allow the flavors to

blend. Stir in the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. Return the fish to the pan, cover and simmer until the fish is opaque throughout when tested with the tip of a knife, 6 to 8 minutes. Transfer the grouper steaks to warmed individual plates. Stir the lime juice into the vegetables and pan juices and spoon some sauce over each steak. Serve immediately.

POLENTA WITH ROASTED MEDITERRANEAN VEGETABLES

Dietitian's tip:

To best prepare this recipe, cut all of the vegetables a day ahead of time and put into a covered container and refrigerate. You may roast the eggplant, zucchini, mushrooms and red pepper earlier in the day. Cover and refrigerate the vegetables until needed.

Serves 6

Ingredients

1. 1 small eggplant, peeled, cut into 1/4-inch slices
2. 1 small yellow zucchini, cut into 1/4-inch slices
3. 1 small green zucchini, cut into 1/4-inch slices
4. 6 medium mushrooms, sliced
5. 1 sweet red pepper, seeded, cored and cut into chunks
6. 2 tablespoons plus 1 teaspoon extra-virgin olive oil
7. 6 cups water
8. 1 1/2 cups coarse polenta (corn grits)
9. 2 teaspoons trans-free margarine
10. 1/4 teaspoon cracked black pepper
11. 10 ounces frozen spinach, thawed
12. 2 plum (Roma) tomatoes, sliced
13. 6 dry-packed sun-dried tomatoes, soaked in water to rehydrate, drained and chopped
14. 10 ripe olives, chopped
15. 2 teaspoons oregano

Directions

Heat the broiler (grill). Position the rack 4 inches from the heat source.

Brush the eggplant, zucchini, mushrooms and red pepper with 1 tablespoon of the olive oil. Arrange in single layer on a baking sheet and broil under low heat. Turn as needed and brush occasionally with 1 tablespoon olive oil. When tender and slightly browned, remove from the broiler (grill). Use immediately or cover and refrigerate for later use.

Preheat the oven to 350 F. Coat a decorative, ovenproof 12-inch flan or quiche baking dish with cooking spray.

In a medium saucepan, bring water to a boil. Reduce heat and slowly whisk in polenta. Continue to stir and cook for about 5 minutes. When polenta comes away from side of pan, stir in margarine and season with 1/8 teaspoon of the black pepper. Remove from heat.

Spread polenta into the base and sides of the baking dish. Brush with 1 teaspoon olive oil. Place in the oven and bake for 10 minutes. Remove and keep warm.

Drain spinach and press between paper towels. Top polenta with spinach. Arrange a layer of sliced tomatoes, chopped sun-dried tomatoes and olives. Top with remaining roasted vegetables. Sprinkle with oregano and the remaining 1/8 teaspoon black pepper. Return to the oven for another 10 minutes. When warmed through, remove from the oven. Cut into 6 wedges and serve.

TUSCAN WHITE BEAN STEW

Dietitian's tip:

The white beans (cannellini), along with garlic and rosemary or sage, are traditional ingredients in many soups and stews in Tuscany. Serve as a main course with a simple salad of mixed greens.

Serves 6

Ingredients

For the croutons

1. 1 tablespoon extra-virgin olive oil
2. 2 cloves garlic, quartered
3. 1 slice whole-grain bread, cut into 1/2-inch cubes
4. 2 cups dried cannellini or other white beans, picked over and rinsed, soaked overnight, and drained
5. 6 cups water
6. 1 teaspoon salt
7. 1 bay leaf
8. 2 tablespoons olive oil
9. 1 yellow onion, coarsely chopped
10. 3 carrots, peeled and coarsely chopped
11. 6 cloves garlic, chopped
12. 1/4 teaspoon freshly ground black pepper
13. 1 tablespoon chopped fresh rosemary, plus 6 sprigs
14. 1 1/2 cups vegetable stock or broth

Directions

To make the croutons, heat the olive oil over medium heat in a large frying pan. Add the garlic and saute for 1 minute. Remove from the heat and let stand for 10 minutes to infuse the garlic flavor into the oil.

Remove the garlic pieces and discard. Return the pan to medium heat. Add the bread cubes and saute, stirring frequently, until lightly browned, 3 to 5 minutes. Transfer to a small bowl and set aside.

In a soup pot over high heat, combine the white beans, water, 1/2 teaspoon of the salt and the bay leaf.

Bring to a boil over high heat. Reduce the heat to low, cover partially and simmer until the beans are tender, 60 to 75 minutes. Drain the beans, reserving 1/2 cup of the cooking liquid. Discard the bay leaf. Place the cooked beans into a large bowl and save the cooking pot for later use.

In a small bowl, combine the reserved cooking liquid and 1/2 cup of the cooked beans. Mash with a fork to form a paste. Stir the bean paste into the cooked beans.

Return the cooking pot to the stove top and add the olive oil. Heat over medium-high heat. Stir in the onion and carrots and saute until the carrots are tender-crisp, 6 to 7 minutes. Stir in the garlic and cook until softened, about 1 minute. Stir in the remaining 1/2 teaspoon salt, the pepper, chopped rosemary, bean mixture and stock. Bring to a boil, then reduce the heat to low and simmer until the stew is heated through, about 5 minutes.

Ladle the stew into warmed bowls and sprinkle with the croutons. Garnish each bowl with a rosemary sprig and serve immediately.

VEGETABLE AND GARLIC CALZONE

Dietitian's tip:

Instead of high-fat meats, this calzone is stuffed with fresh vegetables, which significantly reduces the amount of fat and calories. Serve with a salad and fruit.

Serves 2

Ingredients

1. 3 asparagus stalks, cut into 1-inch pieces
2. 1/2 cup chopped spinach
3. 1/2 cup chopped broccoli
4. 1/2 cup sliced mushrooms
5. 2 tablespoons garlic, minced
6. 2 teaspoons extra virgin olive oil
7. 1/2 pound frozen whole-wheat bread dough loaf, thawed
8. 1 medium tomato, sliced
9. 1/2 cup mozzarella cheese, shredded
10. 2/3 cup pizza sauce

Directions

Preheat the oven to 400 F. Lightly coat a baking sheet with cooking spray.

In a medium bowl, add the asparagus, spinach, broccoli, mushrooms and garlic. Drizzle 1 teaspoon of the olive oil over the vegetables and toss to mix well.

Heat a large, nonstick frying pan over medium-high heat. Add the vegetables and saute for 4 to 5 minutes, stirring frequently. Remove from heat and set aside to cool.

On a floured surface, cut the bread dough in half. Press each half into a circle. Using a rolling pin, roll the dough into an oval. On half of the oval, add 1/2 of the sauteed vegetables, 1/2 of the tomato slices and 1/4 cup cheese. Wet your finger and rub the edge of the dough that has the filling on it. Fold the dough over the filling, pressing the edges together. Roll the edges and then press them down with a fork. Place the calzone on the prepared baking sheet. Repeat to make the other calzone.

Brush the calzones with the remaining 1 teaspoon olive oil. Bake until golden brown, about 20 minutes.

Heat the pizza sauce in the microwave or on the stove top. Place each calzone on a plate. Serve with 1/3 cup pizza sauce on the side or pour the sauce over the calzones.

SALADS AND SIDES

1. [Artichokes alla Romana](#)
2. [Bean salad with balsamic vinaigrette](#)
3. [Beet walnut salad](#)
4. [Braised kale with cherry tomatoes](#)
5. [Fresh tomato crostini](#)
6. [Roasted red pepper with feta salad](#)

HEALTHY DESSERTS

1. [Almond and apricot biscotti](#)
2. [Baked apples with cherries and almonds](#)
3. [Berries marinated in balsamic vinegar](#)
4. [Poached pears](#)

MORE RECIPES

OLDWAYS: <http://oldwayspt.org/recipes?keys=Mediterranean>

MARTIN WOLFSON: <http://martiwolfson.com/about>

V. **TIPS FOR SHOPPING:** <http://oldwayspt.org/resources/mediterranean-diet-grocery-list>

Interesting: 4 weeks Mediterranean plan (\$10): <http://www.oldwayswebstore.org/oldways-4-week-mediterranean-diet-menu-plan-book/>

VI. **TIPS FOR FAMILIES:** <http://oldwayspt.org/resources/heritage-pyramids/mediterranean-diet-pyramid/tips-families>

VII. **TIPS FOR EATING OUT:** <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20044759>

VIII. **MEDITERRANEAN PRODUCTS, PROPERTIES AND NUTRITIONAL CONTENT**
<http://oldwayspt.org/resources/heritage-pyramids/mediterranean-diet-pyramid/traditional-med-diet>

IX. **PHYSICAL ACTIVITY RECOMMENDATIONS**

The 2008 Physical Activity Guidelines for Americans recommend:

- 150 minutes (2 hours and 30 minutes) each week of moderate-intensity aerobic physical activity (such as brisk walking or tennis)
 - 75 minutes (1 hour and 15 minutes) each week of vigorous-intensity aerobic physical activity (such as jogging or swimming laps)
 - An equivalent combination of moderate- and vigorous-intensity aerobic physical activity
- In general, do aerobic physical activity in episodes of at least 10 minutes and, if possible, spread it out through the week.

For even greater health benefits, do one of the following:

- Increase moderate-intensity aerobic physical activity to 300 minutes (5 hours) each week
- Increase vigorous-intensity aerobic physical activity for 150 minutes (2 hours and 30 minutes) each week

Doing more will lead to even greater health benefits.

Strengthen Muscles

Do muscle-strengthening activities (such as lifting weights or using resistance bands) that are moderate or high intensity and involve all major muscle groups on 2 or more days a week.

For more information, you can visit <http://health.gov/paguidelines/>

- X. **HEALTHY DIET FOR CHILDREN:** https://cdn1.sph.harvard.edu/wp-content/uploads/sites/30/2016/01/KidsHealthyEatingPlate_Guide_Jan2016.pdf

- XI. **ON LINE RESOURCES**
<http://www.hsph.harvard.edu/nutritionsource/>
<http://oldwayspt.org/resources/heritage-pyramids/mediterranean-diet-pyramid>