



# HEALTHY HABITS

Hello all,

I was listening to a friend speak about a recent trip to Italy.....and I commented on the great food I imagined being consumed....high fat foods, wine, sea food, olives - you know, the “Mediterranean diet”.

I checked out Mediterranean diet on webMD [http://www.webmd.com/diet/features/benefits-mediterranean-diet?ecd=wnl\\_din\\_071210&wpisrc=nl\\_health](http://www.webmd.com/diet/features/benefits-mediterranean-diet?ecd=wnl_din_071210&wpisrc=nl_health) and found that typically that diet is high in fat, although monounsaturated fats (nuts, olive oils) and low in saturated fats (cheeses, meats, dairy) and low in calories. Meals are savored - not “fast food” and the wine part is limited (not surprisingly). AND, you won't be amazed here - a more active lifestyle. My friend did talk about walking, hiking the cliff sides, up and down hundreds of steps - and being amazed by “older adults” doing so without “breaking a sweat”. The webMD article does describe the Mediterranean diet as “...not just about food and wine, it also include regular physical activity.....typical American diets are much higher in calories and saturated fats.....we are more sedentary.”

So, with this hot, humid, July weather - imagine you are in Italy - eat many veggies from gardens or walk to the farm's market, with a little olive oil or a few olives.....a small glass of wine.....and then a long evening stroll along the “Mediterranean” river.

[http://www.kraftrecipes.com/recipes/sensational-foil-pack-vegetables-106267.aspx?cm\\_mmc=eml-\\_-rbe-\\_-20100720-\\_-1015](http://www.kraftrecipes.com/recipes/sensational-foil-pack-vegetables-106267.aspx?cm_mmc=eml-_-rbe-_-20100720-_-1015)

[http://www.kraftrecipes.com/recipes/green-beans-feta-dill-53109.aspx?cm\\_mmc=eml-\\_-rbe-\\_-20100720-\\_-1016](http://www.kraftrecipes.com/recipes/green-beans-feta-dill-53109.aspx?cm_mmc=eml-_-rbe-_-20100720-_-1016)

[http://www.kraftrecipes.com/recipes/easy-crisp-cucumber-salad-75168.aspx?cm\\_mmc=eml-\\_-rbe-\\_-20100720-\\_-1017](http://www.kraftrecipes.com/recipes/easy-crisp-cucumber-salad-75168.aspx?cm_mmc=eml-_-rbe-_-20100720-_-1017)

Included are three recipes using garden/summer produce - one may substitute 1-2 Tbls, extra virgin olive oil and fresh squeezed lemon, lime or orange for the salad dressings (lower in sodium) and omit or limit the cheese (saturated fat).

Stay active.

Blessings,

— Nancy