

## Go Mediterranean!

The Mediterranean diet is common in countries that surround the Mediterranean Sea. This way of eating has been found to help lower cholesterol and reduce the risk of heart disease. It also helps to control blood sugars and manage diabetes.

You don't have to travel far to follow the Mediterranean diet. You can get the foods, flavours and health benefits just by going to the grocery store.



### Do Something Good for Your Health

- Enjoy meals with family and friends.
- Get plenty of exercise.
- Eat mostly plant-based foods, such as fruits, vegetables, whole grains, beans, lentils, nuts and seeds.
- Use healthy fats such as olive oil and canola oil.
- Use herbs and spices instead of salt to flavour foods.
- Eat fish and seafood at least twice a week.
- Have poultry, eggs and lower fat dairy more often.
- Limit red meat and sweets.
- Satisfy your thirst with water most of the time.
- Drink red wine in moderation (for those who drink).

## Food of the Month

### Olive Oil



Olive oil is a healthy fat that tastes great! Use olive oil instead of butter, hard margarine, lard or shortening to help lower cholesterol.

Try some of these fresh ideas:

- Dip bread in olive oil instead of spreading butter on it.
- Make your own salad dressing using olive oil, lemon juice and herbs.
- Make hummus or bean dip with olive oil.
- Blend fresh herbs, garlic and olive oil for a quick pesto. Spread on chicken or fish.

## Roasted Vegetables with Feta Cheese

Liven up your plate with these flavourful veggies!



Serves 6

### Ingredients:

2 tsp	10 ml	Olive oil
1 tbsp	15 ml	Balsamic vinegar
¼ tsp	1 ml	Pepper
2 cups	500 ml	Zucchini, chopped
1 cup	250 ml	Red pepper, chopped
1 cup	250 ml	Red onion, chopped
¼ cup	60 ml	Feta cheese, crumbled
¼ cup	60 ml	Basil, fresh, chopped

### Directions:

1. Preheat oven to 400° F. Line a baking sheet with parchment paper.
2. Combine oil, vinegar and pepper in a large bowl. Add vegetables and toss well to coat.
3. Place vegetables on baking sheet and roast for 15 minutes or until tender.
4. Serve vegetables topped with feta cheese and basil.

### Nutrition Information per Serving (½ cup):

Calories	58
Fat	3 grams
Carbohydrate	6 grams
Fibre	1 gram
Protein	2 grams
Sodium	81 milligrams

## Did you know?

Eating nuts each day can help lower your cholesterol. Measure out ¼ cup; a small handful goes a long way!

## In Your Kitchen

### Discover Foods the Mediterranean Way

- Eat vegetables at breakfast. Add veggies to omelets and spinach to smoothies.
- Spread mashed avocado on toast instead of butter.
- Add black beans or chickpeas to salads.
- Use hummus as a dip for veggies or spread on a sandwich.
- Make a salad by mixing cooked barley, diced veggies and salad dressing.
- Cook fish for a quick and easy protein when you're in a hurry.
- Think of meat as a garnish. Top a salad with slices of steak or add pork tenderloin strips to stir-fried vegetables.
- Make a trail mix with nuts, seeds and dried fruit.



## Are you trying to lower your cholesterol or your blood pressure?

Our pharmacists are happy to answer your questions about heart health and give you advice on prescription or over-the-counter medications.

Check your blood pressure for free at our in-store blood pressure machine and talk with a pharmacist about your result. Ask about simple changes you can make to maintain your best heart health.

Our pharmacists and dietitians are your partners in better health!



### Hungry for more?

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