



Winchester
District
Memorial
Hospital

Preventing Diabetes

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**Health
Quote of
the Day**

From
Julia Child

YOU DON'T
HAVE TO COOK
FANCY
OR
COMPLICATED
MASTERPIECES
— JUST —
**GOOD
FOOD**
FROM FRESH
INGREDIENTS.

JULIA CHILD

Mediterranean Diet

Looking to make some changes to your diet to help reduce your risk of getting diabetes? Look no further than the Mediterranean diet. Several studies and analyses suggest that eating a Mediterranean style diet reduces your risk of developing diabetes; by up to 52% according to the PREDIMED study.

The Mediterranean Diet is based on the traditional foods of countries bordering the Mediterranean sea. Countries like Italy, Greece and Spain. While each country has its own spice palette, the diets are similar in that they are high in vegetables, fruits, whole grains, beans (and chickpeas and lentils), nuts/seeds and olive oil. At the same time, this diet is also low in red and processed meats, sweets and pastries, high fat dairy foods and breads.



Using the plate method we talked about in class is a good place to start.

Below are some basic tips to get you started and on page 2 in the FYI section you'll find links to some web sites with much more information.

As always; hope this helps.

How to Eat a Mediterranean Diet



Eat daily:

3+ servings fruit
3+ servings vegetables
1 glass of wine, with a meal

Eat weekly:

3 servings fish (not fried)
3 servings legumes
(both beans and lentils)

Choose:

olive oil and nuts most days
mostly white meat, chicken
and fish

Limit:

cookies, cake, pastries, pie,
and candy
red meat and processed meat
high-fat dairy foods



Easy Chicken Bean Sprout Stir Fry (Chow Mein like)

You can turn this into a meatless dish by swapping the chicken for chickpeas

Ingredients

- 250g (1-2 depending on size) chicken breast sliced thinly or cut into small cubes
- 2 tsp. olive oil
- 1 cup sliced celery
- 1 thinly sliced onion
- 1 cup snow peas (or sugar pea pods)
- 1 bag (350g) bean sprouts
- 1 to 1 1/2 cups low sodium chicken broth
- 2 tbsp. corn starch mixed in 1/4 cup cold water

Nutritional Analysis for 1 serving of stir fry:

195 calories; 23g protein; 6g fat; 11g carbohydrates (2g fibre); 626mg sodium; 507mg potassium; 59mg magnesium; 242mg phosphorous

Directions

1. In a large frying pan or a wok, sauté the chicken on medium-high heat until done – 6-7 minutes
2. Add snow peas to the pan and sauté for 2-3 minutes
3. Add celery and onions to the pan and sauté for another 2 minutes
4. Add bean sprouts and 1 cup of chicken broth, stir occasionally and cook until bean sprouts are cooked to your liking (crisp or soft)
5. If you like the broth thickened, mix 2 tbsp. corn starch into ¼ cup of cold water and stir into the pan after the chicken broth has been added. Simmer for one minute to thicken.

Nutritional Analysis for 1 serving of stir fry with ¾ cup cooked rice:

369 calories; 27g protein; 8g fat; 48g carbohydrates (4g fibre); 629mg sodium; 651mg potassium; 125mg magnesium; 364mg phosphorous

FYI

<https://www.diabetes.ca/managing-my-diabetes/webinars/diabetes-and-the-mediterranean-diet> video

<https://oldwayspt.org/mediterranean-diet-toolkit> - from studies to shopping lists

<https://www.medicalnewstoday.com/articles/324221#7-day-meal-plan> - 7 day meal plan

<https://opha.on.ca/getmedia/3e87247a-bb14-40b6-a5fe-547cefb672e7/NRC-Webinar-Eating-Mediterranean.pdf.aspx> - slides—in depth

Due to COVID-19 closures, our classes and individual education have been suspended. However, we are still available by email and telephone for our clients. Please don't hesitate to contact us if you have any questions or concerns.

You can also check the hospital website at www.wdmh.on.ca for updates on when hospital clinics will re-open.

Until then, stay healthy and stay safe.