

Healthy Eating Resources: Cookbooks and Recipe Websites

This handout provides cookbook and website suggestions to help you plan and cook healthy meals and snacks.

There are so many cookbooks and websites available it is hard to know which sources are the most creditable. When selecting a resource:

- | Check if it was written or reviewed by a registered dietitian. Registered dietitians are your most trusted source for nutrition advice.
- | Review the recipes and decide if:
 - | you and your family will enjoy the flavors and ingredients.
 - | it includes healthy recipes.
 - | it will support your specific nutrition needs.
 - | you have the skills and tools needed to make the recipes.
- | Check to see if the recipe includes a nutrient analysis per serving. This will help you to make an informed choice.

Cookbooks

- | Anne Lindsay's New Light Cooking. Anne Lindsay, 2006.
This cookbook offers over 200 recipes and includes the nutrient content of each recipe. Tips are provided on healthy eating, cooking techniques, make-ahead instructions and ingredient substitutions. A registered dietitian provides an introduction on the basics of healthy eating.
- | Dietitians of Canada, Cook! 275 recipes, celebrate food from field to table. Mary Sue Waisman, 2011.
This recipe book includes a variety of nutritious recipes from foods grown and available in Canada. Healthy eating advice, provided by a registered dietitian, is included that will help you plan healthy meals. A nutrient analysis for each recipe is provided.
- | HeartSmart: The Best of HeartSmart Cooking. Bonnie Stern, 2006.
This cookbook provides over 75 new and previously published heart healthy recipes. It includes a healthy eating section written by

a registered dietitian as well as ideas for stocking your pantry. The nutrient content for each recipe is included.

- | **Lighthearted at Home: The Very Best of Lindsay.** Anne Lindsay, 2010
Includes over 500 tested heart healthy recipes, approved by registered dietitians working at the Heart and Stroke Foundation. Nutrition information, healthy eating tips, ingredient substitutions, and tools to help you plan healthy meals and menus are provided.
- | **Nourish: Whole Food Recipes Featuring Seeds, Nuts and Beans.** Nettie Cronish and Cara Rosenbloom, 2016.
This book offers creative nutritious vegetarian recipes focusing on vegetarian protein sources. Nutrient analyses for all recipes are included.

If you don't want to buy a cookbook, check to see if it is available at your local library.

Recipe Websites:

These websites are believed to be reliable and accurate at the time of publication. They should not be considered an endorsement of any information, service, product or company.

- | Canadian Diabetes Association. Recipes. www.diabetes.ca/diabetes-and-you/recipes
- | Dietitians of Canada:
 - | Cookspiration. Cooking website and app. www.cookspiration.com
 - | Member Blog. Featuring recipes and healthy eating advice from registered dietitians. www.dietitians.ca/Media/Member-Blogs
- | EatRight Ontario. Recipes. www.eatrightontario.ca/en/Recipes
- | Heart and Stroke Foundation. Recipes. www.heartandstroke.ca/get-healthy/recipes



Notes

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The Mediterranean Diet: A Guide to Healthy Eating

The Mediterranean diet is a way of eating that is followed by countries around the Mediterranean Sea, such as Italy, Spain, Greece, France and Morocco. While the Mediterranean diet can be different from place to place, these foods are often included:

- | vegetables and fruit
- | whole grains
- | legumes (dried beans, peas and lentils)
- | nuts and seeds and olives
- | fish and poultry eaten in moderate amounts
- | small amounts of red meat
- | olive oil, as the main source of fat
- | moderate consumption of wine, mainly with meals.

The Mediterranean diet focuses on a healthy lifestyle or pattern, which includes:

- | being active
- | getting enough rest
- | sharing meals with family and friends.

Health Benefits of the Mediterranean Diet

Following a Mediterranean diet has many health benefits and may help to:

- | reduce your risk of developing heart disease
- | lower blood cholesterol levels
- | lower blood pressure
- | improve blood glucose (sugar) control for individuals with type 2 diabetes.

Early research shows the Mediterranean diet may prevent or improve some of the symptoms of rheumatoid arthritis, Alzheimer's, dementia, and glaucoma. It may also help maintain brain health.

Use the tips below as a guide to make the Mediterranean diet a healthy part of your everyday eating.



Steps you can take

Choose plant-based foods most often.

Eat a variety of raw and cooked plant-based foods. They are rich in fibre, vitamins, minerals, antioxidants and phytochemicals.

- | Include whole grains and fruit at each meal.
 - | Choose whole grains such as brown rice, barley, oats and quinoa.
 - | Include whole grain couscous, wheat and rye bread and products made with whole grain flour.
 - | Eat a variety of fruits such as berries, apples, pears, melon, plums, peaches and bananas.
- | Eat vegetables at lunch and dinner every day.
 - | Choose a variety of colours and types of vegetables such as tomatoes, spinach, peppers, zucchini and eggplant.
 - | Eat three or less servings per week of potatoes. Avoid potatoes that are fried.
 - | Cook vegetables in a variety of ways. Roast, sauté, steam and add them to soups.
 - | Eat at least one serving of raw vegetables each day, such as green leafy salads or cut-up vegetables like carrot sticks and cucumber slices.
- | Eat olives, unsalted nuts and seeds every day.
 - | Sprinkle a handful of unsalted almonds, walnuts or sunflower seeds onto salads.
 - | Add diced olives to salads, stews or sandwiches.



- ┆ Snack on unsalted nuts.
- ┆ Eat legumes (dried beans, peas and lentils) at least twice a week.
 - ┆ Prepare broth-based soups and salads with brown or green lentils, chickpeas, black or kidney beans.
 - ┆ Dip vegetables or bread into hummus, white or black bean dip.

Drink plenty of fluids.

- ┆ Aim for 1.5 to 2.0 L (6 to 8 cups) of fluid every day. Ways to do this include:
 - ┆ Drink regular tea, herbal tea or coffee without sugar.
 - ┆ Have broth (low fat and low sodium).
 - ┆ Put a jug of tap water on the table during each meal as a reminder to drink.
 - ┆ Keep a glass of water at your desk or have a water bottle close by.

Use olive oil to cook and add flavour to foods.

- ┆ Aim for at least 15 mL (1 Tbsp) of olive oil each day.
 - ┆ Extra virgin olive oil has more antioxidants than other types of olive oil and is the most flavourful.
 - ┆ Use olive oil when you sauté, grill, roast, pan-fry, stir-fry and bake.
 - ┆ Drizzle olive oil on vegetables, salads, bread, toast and other dishes.



Flavour food with spices, herbs, garlic and onions instead of salt.

- ┆ Flavour foods with herbs such as rosemary, oregano, parsley, basil and mint.
- ┆ Mix spices like paprika, black pepper, cinnamon and nutmeg into dishes that need extra flavour.
- ┆ Top soups, stews and other dishes with chopped or minced garlic and onion.



Include low fat milk and alternatives daily.

- ┆ Choose two servings of low fat milk (skim, 1%, 2%), lower fat

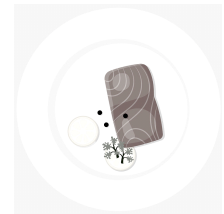
cheese (20% milk fat or less) and low fat fermented dairy foods such as kefir and yogurt (0%, 1%, 2%).

Eat at least two servings of fish and seafood (75 g (2 ½ oz)) each week.

- | Include a variety of fish such as salmon, sardines, cod, anchovies and canned tuna.
- | Choose a variety of seafood such as scallops, shrimp, mussels and clams.

Include up to two to four eggs every week.

- | Prepare omelets, scrambled or boiled eggs.
- | Use eggs in baking or cooking or adding to salads and casseroles.



Choose red meat and processed meat less often.

- | Include no more than two servings (75 g (2 ½ oz)) of red meat each week. Examples of red meat include goat, beef, pork and lamb.
- | Limit processed meat to a maximum of one serving each week. Examples of processed meat are hot dogs, sausages, deli meats, salami and bacon.
- | Replace red and processed meat with lean white meat, legumes (dried peas and lentils), eggs, fish or seafood.

Choose lean white meat at least 2 times a week.

- | Include lean white meat such as chicken, turkey or rabbit.

If you drink wine, limit to moderate amounts with meals.

- | This means about one glass per day for women and two glasses per day for men. One serving of wine is:
 - | 142 mL (5 oz) glass of 12% wine.
- | You do not have to drink alcohol to follow a Mediterranean diet.

Limit sweets.

- | Limit sweets such as candies, pastries, desserts and sweetened pop or sweetened juice to two servings per week or less, or save them for special occasions.

Enjoy a Mediterranean lifestyle.

- | Make time to cook and prepare meals.
- | Whenever possible, enjoy cooking and sharing mealtime together with friends and family.
- | Include three meals a day.
- | Aim for at least 30 minutes of physical activity each day.
- | Get enough rest.

Replace foods from the typical North American diet with foods from the Mediterranean diet:

<i>Typical North American Diet</i>	<i>Mediterranean Diet</i>
Juice, fruit drinks, pop, specialty coffee and tea with sugar	Water, herbal tea (without sugar)
Cream soup	Broth or clear soup
Vegetable oil, butter, margarine	Olive oil or olive oil margarine
Potatoes, white bread, pasta and rice	Whole grain bread, pasta, rice, whole wheat couscous
Salted, spiced, flavoured nuts and seeds	Unsalted nuts and seeds
Higher fat milk, cream, ice cream, cheese and yogurt	Low fat yogurt and cheese
Red meat (including lamb, goat and pork), processed meats (sausages, luncheon meats, bacon)	Fish, seafood, poultry (including chicken and turkey) and rabbit
Canned beans in sauce, refried beans	Legumes (dried beans, peas and lentils)
Salt	Herbs, spices, onions and garlic
Frozen meals, delivery meals or takeout	Meals prepared at home from scratch

Snack foods such as chips, candy, or baked goods (e.g. cakes, pastries and cookies)

Snacks such as fresh fruit, unsalted nuts and seeds, hummus and pita

See " [The Mediterranean diet pyramid: A lifestyle for today](#)" (2010).



Additional Resources

- I Spice Up Your Meals Without Salt! <http://www.pennutrition.com/viewhandout.aspx?Portal=UbY=&id=J8XuWgU=&PreviewHandout=bA==>
- I Food Sources of Omega-3 <http://www.pennutrition.com/viewhandout.aspx?Portal=UbY=&id=JMHpUQE=&PreviewHandout=bA==>
- I Mediterranean Diet Sample Menus <http://www.pennutrition.com/viewhandout.aspx?Portal=UbY=&id=J8DmUQM=&PreviewHandout=bA==>

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Notes

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Mediterranean Diet Sample Menu (1500 kcal)

This handout includes a checklist for the Mediterranean diet along with 2 sample days of 1500 calories.

Use the sample menus to give you ideas for meals and snacks that follow the Mediterranean diet. The amount of food that you need each day depends on your age, sex, current weight, activity level and whether you want to lose weight. It may be different than the energy level offered on this sample menu.

Sample Menu 1 1500 kcal

<i>Breakfast</i>	
Low fat Greek yogurt (0%, 1%, 2%)	175 mL ($\frac{3}{4}$ cup)
Muesli	125 mL ($\frac{1}{2}$ cup)
Sliced strawberries	250 mL (1 cup)
Tea, without sugar	250 mL (1 cup)
<i>Snack</i>	
Whole grain bread sticks	3
Hummus	60 mL ($\frac{1}{4}$ cup)
<i>Lunch</i>	
Lentil and Tomato Salad (see recipe below)	1 serving
Carrots	125 mL ($\frac{1}{2}$ cup)
Whole grain baguette	2 slices (1 in/2.5 cm)
Orange	1 medium
Water	

Dinner

Greek Chicken (see recipe below)	1 serving
Green salad with cucumber, tomato, olives	375 mL (1 ½ cups)
Olive oil and vinegar dressing	15 mL (1 Tbsp)
Brown rice	175 mL (¾ cup)
Plum	1 medium

Snack

Café au lait (coffee made with skim milk)	300 mL (1 ¼ cup)
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Sample Menu 2

1500 kcal

Breakfast

Whole grain bread, toasted	2 slices
Avocado	¼ fruit
Peach	1 medium
Herbal tea, without sugar	250 mL (1 cup)

Snack

Low fat yogurt (0%, 1%, 2%)	175 mL (¾ cup)
Fruit salad	125 mL (½ cup)

Lunch

Penne Salad with Asparagus and Tuna (see recipe below)	1 serving
Tomato, cucumber and feta salad	125 mL (½ cup)
Olive oil and vinegar dressing	5 mL (1 tsp)
Grapefruit	½ fruit

<i>Dinner</i>	
Zucchini and onion omelet	1 large egg
Olive oil	5 mL (1 tsp)
Cabbage and Celery Slaw (see recipe below)	1 serving
Whole grain bread	1 slice
Sliced honeydew melon	125 mL (½ cup)
Low-fat milk (skim, 1%, 2%)	250 mL (1 cup)
<i>Snack</i>	
Plain almonds	60 mL (¼ cup)

RECIPES:

<i>Lentil and Tomato Salad</i>		
3	Green onions, sliced	3
2	Tomatoes, coarsely chopped	2
19 oz can	Lentils, drained	540 mL can
¼ cup	Parsley, fresh, chopped	60 mL
½ cup	Olive oil & vinegar dressing	125 mL

1. In a medium bowl, combine green onions, tomatoes, lentils and parsley. Pour dressing over salad and toss.

Makes 6 servings. 164 calories per serving.

Source: Adapted from Dietitians of Canada: Cook! Celebrate food from field to table. 2007. © 2017 Dietitians of Canada.

<i>Greek Chicken</i>		
1 ½ lbs	Chicken breasts, boneless skinless, cut into 1-inch (2.5 cm) cubes	750 g
6	Garlic cloves, minced	6
5	Plum (Roma) tomatoes, chopped	5
1 cup	Onion, chopped	250 mL
1 cup	Red bell pepper, chopped	250 mL
¾ cup	Feta cheese, crumbled	175 mL
½ cup	Lemon juice, freshly squeezed, divided	125 mL
1 ½ Tbsp	Oregano, dried	22 mL
1 ½ Tbsp	Basil, dried	22 mL
2 Tbsp	Canola or olive oil	30 mL
½ cup	Kalamata olives, pitted	125 mL
½ cup	Basil, fresh, chopped	60 mL

1. Preheat oven to 375° F (190° C). In a large bowl, combine chicken, garlic, tomatoes, onion, red pepper, cheese, 75 mL (½ cup) of the lemon juice, oregano, basil and oil, stirring well to coat chicken. Spread in prepared 13-by-9 inch glass baking dish and cover with foil.

2. Bake for 30 minutes. Stir and replace foil, and bake for another 20-30 minutes or until chicken is no longer pink inside (internal temperature of 74°C (165°C)). Stir in the remaining lemon juice, olives and basil.

Makes 6 servings. 276 calories per serving.

Source: Adapted from Dietitians of Canada: Cook! Celebrate food from field to table. 2007. © 2017 Dietitians of Canada

<i>Penne Salad with Asparagus and Tuna</i>		
3 cups (about 10 oz)	Whole wheat penne pasta, dry	750 mL (about 300g)
3 cups (about 1 lb)	Fresh asparagus, trimmed and cut into bite-size pieces	750 mL (about 500 g)
2 cans (each 5.7 oz)	Water-packed tuna, unsalted, drained	2 (each 170 g)
1 cup	Red bell peppers, diced	250 mL
2 Tbsp	Chives or green onions, chopped	30 mL
2 Tbsp	Capers, drained (optional)	30 mL
Dressing:		
2 Tbsp	Balsamic or red wine vinegar	25 mL
2 Tbsp	Olive oil	25 mL
2 tsp	Dijon mustard	10 mL
1 tsp	Brown sugar	5 mL
½ tsp	Garlic, minced	2 mL
½ tsp	Ginger root, minced	2 mL
To taste	Pepper	To taste

1. In a large pot of boiling water, cook penne according to package directions or until tender but firm, adding asparagus during the last 2 minutes of cooking time, drain. Rinse under cold water; drain. Transfer to a large bowl. Add tuna, red peppers, chives and if using, capers. Set aside.

2. Dressing: In a small bowl or measuring cup, whisk together vinegar, oil, mustard, sugar, garlic and ginger. Season with pepper to taste. Pour over salad; toss gently to combine. Serve immediately.

Makes 8 servings. 248 calories per serving.

Source: Adapted from Dietitians of Canada: Cook Great Food. © 2017 Dietitians of Canada.

<i>Cabbage and Celery Slaw</i>		
½	Head cabbage, finely shredded	½
3	Green onions, finely chopped	3
3	Celery stalks, finely sliced	3
1 large	Orange	1 large
½ cup	Walnuts, toasted, chopped	125 mL
½ cup	Fresh parsley, chopped	125 mL
Dressing:		
½ cup	Yogurt, plain, low-fat	125 mL
½ cup	Mayonnaise, light	125 mL
2 Tbsp	Dijon mustard	30 mL
2 Tbsp	Lemon juice, freshly squeezed	30 mL
2 Tbsp	Olive or canola oil	30 mL
To taste	Black pepper, freshly ground	To taste

1. In a large bowl, combine cabbage, green onions and celery.
2. Using a knife, peel orange, removing as much of the white pith as possible. Cut orange in half, then lengthwise into quarters. Cut each quarter crosswise into ¼ - inch (0.5 cm) slices. Add to the cabbage mixture, along with any juice from the cutting board; toss to combine.
3. Dressing: in a small bowl, whisk together yogurt, mayonnaise,

mustard, lemon juice, oil and pepper to taste.

4. Pour dressing over salad and toss to coat. Cover and refrigerate for at least 30 minutes or for up to 8 hours before serving. Top with walnuts and parsley just before serving.

Makes 8 servings. 179 calories per serving.

Source: Adapted from Dietitians of Canada: Cook! Celebrate food from field to table. 2007. © 2017 Dietitians of Canada

Mediterranean Diet Menu Checklist

Use this checklist to help you follow a Mediterranean style of eating.

At every meal include:

☐ whole grains (brown rice, whole grain couscous, oats and whole grain breads and flours)

☐ 1-2 servings of fruit

☐ 2 or more servings of cooked or raw vegetables (at least one serving raw per day) at lunch and dinner

Every day have:

☐ At least 15 mL (1 Tbsp) olive oil (for cooking and as a dressing)

☐ At least 1.5 to 2.0 L (6-8 cups) per day of fluids such as:

- | water
- | herbal tea without sugar
- | broth (low-fat and low-sodium).

☐ 2 servings of low fat milk products

- | low fat milk
- | yogurt, cheese and other fermented dairy foods.

☐ spices, herbs, garlic and onions



☐ 1-2 servings of olives, plain nuts or seeds.

Every week include:

☐ 2 or more servings (75 g (2 ½ oz)) of fish and seafood

☐ 2 servings of white meat

☐ up to 2-4 eggs

☐ 2 or more servings of legumes (dried beans, peas and lentils)

☐ 2 servings or less of red meat

☐ up to 1 serving of processed meat

☐ up to 3 servings of potatoes

☐ up to 2 servings of sweets or foods with added sugars.



Additional Resources

- | Mediterranean Diet: A Guide to Healthy Eating
<http://www.pennutrition.com/viewhandout.aspx?Portal=UbY=&id=J8DmXgE=&PreviewHandout=bA==>
- | Canada's Food Guide <https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/get-your-copy.html>

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Notes

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Mediterranean Diet Sample Menu (2000 kcal)

This handout includes a checklist for the Mediterranean diet along with 2 sample days of 2000 calories.

Use the sample menus to give you ideas for meals and snacks that follow the Mediterranean diet. The amount of food that you need each day depends on your age, sex, current weight, activity level and whether you want to lose weight. It may be different than the energy level offered on this sample menu.



Steps you can take

Sample Menu 1

2000 kcal

<i>Breakfast</i>	
Whole grain baguette, toasted	2 slices (1 in/2.5 cm)
Olive oil	7.5 mL (½ Tbsp)
Tomato, sliced	1 medium
Lower fat mozzarella cheese (20% M.F. or less)	50 g (1 ½ oz)
Mandarin	1 small
Herbal tea, without sugar	250 mL (1 cup)
<i>Snack</i>	
Low fat yogurt (0%, 1%, 2%)	175 mL (¾ cup)
Mixed berries	125 mL (½ cup)
<i>Lunch</i>	
Lentil and Tomato Salad (see recipe below)	1 serving

Whole grain bread	2 pieces
Chicken breast, baked	75 g (2 ½ oz)
Carrot sticks	1 medium
Apple	1 medium
Water	
<i>Dinner</i>	
Couscous Salad (see recipe below)	1 serving
Broccoli, steamed	125 mL (½ cup)
Salmon, baked	75 g (2 ½ oz)
Peach	1 medium
Water	
<i>Snack</i>	
Plain almonds	60 mL (¼ cup)
Kiwi	1 medium
Water	

Sample Menu 2

2000 kcal

<i>Breakfast</i>	
Oatmeal, cooked	175 mL (¾ cup)
Low-fat milk (skim, 1%, 2%)	250 mL (1 cup)
Hazelnuts, chopped	15 mL (1 Tbsp)

Banana, sliced	1 medium
Tea, without sugar	250 mL (1 cup)
<i>Snack</i>	
Mixed dried apricots and raisins	60 mL (¼ cup)
Rye crackers	3
Jam	7.5 mL (½ Tbsp)
<i>Lunch</i>	
Whole grain bread	2 slices
Scrambled eggs with sautéed red peppers	2 large
Olive or canola oil	10 mL (2 tsp)
Spinach and pear salad	375 mL (1 ½ cups)
Olive oil and vinegar dressing	15 mL (1 Tbsp)
Water	
<i>Dinner</i>	
Fish and Vegetable Chowder (see recipe below)	2 servings
Whole grain bread	2 slices
Olive oil	7.5 mL (½ Tbsp)
Cucumbers, sliced	125 mL (½ cup)
Watermelon, sliced	125 mL (½ cup)
Water	
<i>Snack</i>	
Plain low fat Greek yogurt (0%, 1%, 2%)	175 mL (¾ cup)

Plain walnuts	60 mL (¼ cup)
Honey	5 mL (1 tsp)

RECIPES:

<i>Lentil and Tomato Salad</i>		
3	Green onions, sliced	3
2	Tomatoes, coarsely chopped	2
19 oz can	Lentils, drained	540 mL can
¼ cup	Parsley, fresh, chopped	60 mL
½ cup	Olive oil & vinegar dressing	125 mL

1. In a medium bowl, combine green onions, tomatoes, lentils and parsley. Pour dressing over salad and toss.

Makes 6 servings. 164 calories per serving.

Source: Adapted from Dietitians of Canada: Cook! Celebrate food from field to table. 2007. © 2017 Dietitians of Canada.

<i>Couscous Salad</i>		
2	Shallots, finely chopped	2
1	English cucumber, diced	1
1	Tomato, diced	1
1	Carrot, grated	1
1	Clove garlic, minced	1
½	Red or yellow bell pepper, diced	½
1 ½ cup	Frozen corn kernels, thawed	375 mL
1 cup	Canned chickpeas, drained and rinsed	250 mL
½ cup	Spinach, chopped	125 mL
½ cup	Olive oil and red wine vinegar dressing	125 mL
To taste	Ground black pepper and fresh herbs	To taste
2 cups	Whole wheat couscous	500 mL

1. In a large bowl, combine shallots, cucumber, tomato, carrot, garlic, red pepper, corn, chickpeas and spinach. Stir in dressing, pepper and herbs to taste until well combined. Set aside.

2. Place couscous in another large bowl and pour in 2 cups (500 mL) of boiling water; stir with a fork, cover and let stand for 15 minutes or until all the water is absorbed. Fluff with a fork.

3. Add couscous to vegetables. Cover and refrigerate for at least 1 hour or for up to 2 days.

4. Serve cold or heat in the microwave.

Makes 8 servings. 378 calories per serving.

Source: Adapted from Dietitians of Canada: Simply Great Food. Quick.

easy and delicious recipes. © 2017 Dietitians of Canada.

<i>Fish and Vegetable Chowder</i>		
1	Large onion, chopped	1
1	Clove garlic, minced	1
2 Tbsp	Olive or canola oil, or soft margarine	30 mL
1 cup	Green or red bell pepper strips	250 mL
1 cup	Cauliflower florets	250 mL
1 cup	Broccoli florets	250 mL
1 cup	Tomato, chopped	250 mL
½ cup	Celery, chopped	125 mL
1 Tbsp	Parsley, fresh, chopped	15 mL
1 lb	Cod fillets, cut into chunks	500 g
2 ½ cups	Hot chicken broth, low sodium	625 mL
¼ tsp	Thyme, dried	1 mL
¼ tsp	Basil, dried	1 mL
¼ tsp	Black pepper, freshly ground	1 mL

1. In a large saucepan over medium heat, cook onion and garlic in oil for 3 minutes. Add pepper strips, cauliflower, broccoli, tomato, celery and parsley; cook for 2 minutes. Add fish; cover and cook for 2 minutes. Add chicken broth and seasonings and simmer for about 5 minutes or until fish flakes with a fork and vegetables are tender-crisp.

Makes 6 servings. 157 calories per serving.

Source: Adapted from Dietitians of Canada: Cook Great Food. © 2017 Dietitians of Canada

Mediterranean Diet Menu Checklist

Use this checklist to help you follow a Mediterranean style of eating.

At every meal include:

☐ whole grains (brown rice, whole grain couscous, oats and whole grain breads and flours)

☐ 1-2 servings of fruit

☐ 2 or more servings of cooked or raw vegetables (at least one serving raw per day) at lunch and dinner

Every day have:

☐ At least 15 mL (1 Tbsp) olive oil (for cooking and as a dressing)

☐ At least 1.5 to 2.0 L (6-8 cups) per day of fluids such as:

- | water
- | herbal tea without sugar
- | broth (low-fat and low-sodium).



☐ 2 servings of low fat milk products

- | low fat milk
- | yogurt, cheese and other fermented dairy foods.

☐ spices, herbs, garlic and onions

☐ 1-2 servings of olives, plain nuts or seeds.

Every week include:

☐ 2 or more servings (75 g (2 ½ oz)) of fish and seafood

☐ 2 servings of white meat

☐ up to 2-4 eggs

☐ 2 or more servings of legumes (dried beans, peas and lentils)

☐ 2 servings or less of red meat

- ☐ up to 1 serving of processed meat
- ☐ up to 3 servings of potatoes
- ☐ up to 2 servings of sweets or foods with added sugars.



Additional Resources

- | Mediterranean Diet: A Guide to Healthy Eating
<http://www.pennutrition.com/viewhandout.aspx?Portal=UbY=&id=J8DmXgE=&PreviewHandout=bA==>
- | Canada's Food Guide <https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/get-your-copy.html>

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Notes

Additional Notes From Your Health Care Professional

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