

low sugar living

100 Low-Sugar Recipes



Avoid These
13 Surprising
Sugar-Filled
Foods



**EASY &
HEALTHY
SUMMER
RECIPES:**

Low-Sugar
Grilled Favorites,
Tasty Beverages,
Sweet Treats

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Simple Swaps
That Slash Your
Sugar Intake

Low Sugar Dining Out Guide:
What to Order p.42

Bright Breakfast
Ideas & Recipes



By Torrey Kim

Mediterranean Living: Why the Hottest Diet Trend Really Does Make Sense.

How to experience the most beneficial parts of a Mediterranean way of life.

We'd love to live the Mediterranean lifestyle, enjoying a close proximity to the sea while basking in the sunshine. While that may not be entirely possible, we can enjoy one aspect of this culture—a Mediterranean diet; one filled with fresh fruits and vegetables that can lead to an improved health profile and a longer life.

Physicians have supported the Mediterranean regime for years, but recently, the *New England Journal of Medicine* (NEJM) published a study trumpeting the food plan's success in protecting against heart disease, securing its standing as a way of life and not just a diet fad.

TIP:
"If weight loss is a goal ... measure servings of oils, nuts and seeds because they are very calorie-dense foods."
—Maria Kennedy, MPH, RD, LDN

Linguine with Shrimp and Olives



About the Basics

The Mediterranean lifestyle is not only healthy, it's tasty—and can conceivably be a way to eat for the rest of your life. "It is a meal pattern that has mostly fresh plant-based foods," says Maria Kennedy, MPH, RD, LDN, a dietitian who writes about health and wellness at divanutrition.blogspot.com.

A typical Mediterranean diet includes lots of fresh fruits and vegetables, legumes, fish and shellfish, olive oil, nuts and seeds, small amounts of cheese and eggs, and lots of herbs and spices, she says. "It can also typically include red wine in moderation (red grape juice also provides benefits)," says Kennedy. "Bread is typically served plain or with olive oil. It would not include most processed foods, fast food, soda and includes very limited red meat."

The diet was found to reduce the risk of major cardiovascular events (heart attack, stroke and heart disease) by 30% among high-risk patients, based on the results of a Spanish study by the NEJM. The study analyzed the results of over 7,400 participants who were overweight, smoked, had diabetes or suffered from other health issues that put them at a higher risk for a heart disease. The patients were randomly given either a Mediterranean diet or a low-fat diet, and were studied for nearly five years.

The key to the diet's success, Kennedy says, is its inclusion of healthy fats such as monounsaturated fats, omega-3 fatty acids, lean proteins and healthy carbohydrates that are high in fiber and contain wide variety of vitamins, minerals and phytochemicals.

Healthy Eating Habits

The health benefits of the Mediterranean diet have also been associated with promoting heart health, lower LDL cholesterol and reduced risk of diseases such as cancer and diabetes, says Kennedy. "It would be very safe for children and for those with diabetes or heart disease."

As part of your lifestyle (and not just used as a one-meal-per-week replacement), the diet could help you lose weight, particularly if it's a major departure from the way you normally eat.

"If weight loss is a goal, with this meal pattern you would need to measure servings of oils, nuts and seeds because they are very calorie-dense foods," says Kennedy. "You could eat pretty much as many fresh vegetables as you wanted. A diet high in fiber with lean proteins and small amounts of healthy fats is likely to keep you satisfied and reduce cravings between meals, which could promote weight loss."

BENEFITS FOR DIABETICS

The Mediterranean diet can help you to lose weight, improve your heart-health and reduce your risk of a stroke—but that's not all. It's also a great way to lower your blood sugar, according to a recent study conducted by experts at Western Sussex Hospitals in the UK, and published in the *American Journal of Clinical Nutrition*. The researchers studied the impact of seven popular diets on adult patients with Type 2 diabetes and found that the Mediterranean diet lowered blood sugar more than the other options, which included high-protein diets, low-glycemic-index diets and low-carb diets, among others. In addition, the Mediterranean diet had the second best weight loss results (followed by a low-carb diet).



Linguine with Shrimp and Olives

Struggling to envision what you might be able to enjoy on the Mediterranean diet? Consider this delicious dinner that combines the best of what the lifestyle has to offer.

Serves 6 | Preparation time: 15 minutes
Cooking time: 10 minutes



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| <ul style="list-style-type: none">1/4 cup olive oil1/4 cup minced shallot1/2 cup diced onion1 cup mushrooms, sliced1 yellow bell pepper, chopped2 cloves garlic, minced1 lb large shrimp, peeled and deveined | <ul style="list-style-type: none">1 large tomato, cut into bite-size pieces3 tablespoons pine nuts1/4 cup capers1/2 cup Kalamata olives, pitted and halved1/2 teaspoon salt1/4 teaspoon black pepper16 oz whole-wheat linguine, cooked |
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1. In a large sauté pan, heat the olive oil over medium-high heat. Cook shallots, onion, mushrooms, bell pepper and garlic until soft. Add shrimp and cook until pink throughout (about 4 minutes).
2. Add tomato, pine nuts, capers and olives and cook for 1 additional minute until hot. Add the salt and pepper. Pour over pasta and serve while hot.

For more information on the study, visit ajcn.nutrition.org.