

## EVENTS THIS WEEK

### Last Farmers' Market of the Season

Tuesday,  
October 30

1:00 – 5:00pm  
On the Terrace  
outside the Medical  
School Entrance

### Healthy Holidays Quick Tips Table

Gaining weight is one holiday tradition no one wants to keep! Step Ahead can help you have a healthy holiday. Stop by for great ideas, recipes and more.

Thursday,  
November 1:  
11:30AM – 1:30PM  
Cafeteria

If you are in the market for new athletic shoes, Sneakerama on Lake Avenue offers a 10% discount to all UMass employees.

Step Ahead can come to you! Contact us to schedule a workshop for your group. Call us at 508/856-2319 or 800/522-4617, or email at [info@stepaheadprogram.com](mailto:info@stepaheadprogram.com).

## What is the Mediterranean Diet?

The Mediterranean diet is considered by many to be one of the world's healthiest ways to eat. Research continues to show that following the Mediterranean diet lowers risk for heart disease, metabolic syndrome, heart attacks, and some cancers. It is also shown to help with losing weight and maintaining weight loss over time.

The Mediterranean diet is based on traditional foods grown, produced and enjoyed in the countries in and surrounding the Mediterranean Sea. That is over 16 countries that include Albania, Spain, Morocco, France, Greece, Syria and Italy. Though the countries have different customs and traditions, they do share common themes in the foods enjoyed.

Common themes found in the Mediterranean diet include eating plenty of vegetables, whole fruit, and whole wheat breads. Protein comes from legumes/beans, and fish. Red meat and pork are rarely eaten. Healthy fats found in olive oil, olives, and nuts are eaten often. Wine is included in moderate amounts.

The good news is, we do not have to live in the Mediterranean to receive the health benefits of Mediterranean diet. We can choose these same healthy foods. For example:

- Eat plenty of vegetables every day.
- Eat whole fruit for snacks and desserts.
- Use olive or canola oils in cooking.
- Eat more legumes/beans and fish for protein. Eat less beef, pork and hamburger.
- Eat whole wheat breads, pastas and whole grains like barley and bulgur.
- Snack on almonds instead of cookies or crackers.
- Spread avocado on a sandwich instead of mayonnaise.
- If you drink alcohol, drink wine in moderate amounts (one glass a day for women and one to two glasses per day for men).

### References:

Mayoclinic.com/healthy/mediterraneandiet/cl00011  
[www.oldwayspt.org/med\\_diet.html](http://www.oldwayspt.org/med_diet.html), Nature Clinical Practice Cardiovascular Medicine (2007) 4, 34-41 Popular Weight loss diets from evidence to practice.

## Recipe of the week

### Breakfast Parfait

Makes 1 serving

½ cup low fat cottage cheese (1% milk fat)

½ cup chopped apple, (1/2 cup pear, blueberries, or strawberries would be nice as well)

1 Tablespoon chopped walnuts or almonds

½ tsp. cinnamon

- Layer ½ cup cottage cheese and fruit in a container
- Sprinkle nuts on top and finish with cinnamon

### Nutritional information:

Calories: 165

Total fat: 6.06g

Saturated fat: 1.20g

Cholesterol: 4.52mg

Carbohydrate: 13.61g

Dietary fiber: 2.61g

Protein: 14.01g

## Tip of the Week

You can increase the density of your bones by walking for 30 minutes, several days a week! [www.acefitness.org](http://www.acefitness.org)

To learn more about Step Ahead visit [www.stepaheadprogram.com](http://www.stepaheadprogram.com)