



# “Southern” Mediterranean Diet

HOW TO ADAPT TRADITIONAL RECIPES TO THE MEDITERRANEAN LIFESTYLE

Margaret Pauly, MS, RD, LD  
Culinary Nutritionist  
UAMS Culinary Medicine Program

# Disclosures



# What's all the buzz about?

- ▶ Mediterranean diet scores another win for longevity by improving microbiome – CNN Health, February 24, 2020
- ▶ U.S. News Reveals Best Diets Rankings for 2020 - For the third consecutive year, the Mediterranean diet remains the No. 1 [Best Diet Overall](#) – January 2, 2020
- ▶ Mediterranean Diet May Help Ease Some Symptoms of Depression – New York Times, November 4, 2019
- ▶ Eat a Mediterranean diet to cut heart disease risk, study says – Kaiser News, January 2, 2019
- ▶ Etc., etc., etc.....

# What Does the Research Say?

- ▶ **The Mediterranean Diet: its definition and evaluation of a *priori* dietary indexes in primary cardiovascular prevention.** [Int J Food Sci Nutr.](#) 2018 Sep;69(6):647-659. doi: 10.1080/09637486.2017.1417978. Epub 2018 Jan 18
- ▶ **Mediterranean-style diet for the primary and secondary prevention of cardiovascular disease.** [Cochrane Database Syst Rev.](#) 2019 Mar 13;3:CD009825. doi: 10.1002/14651858.CD009825.pub3
- ▶ **Defining a Healthy Diet: Evidence for The Role of Contemporary Dietary Patterns in Health and Disease.** [Nutrients.](#) 2020 Jan 27;12(2). pii: E334. doi: 10.3390/nu12020334.
- ▶ **Etc., etc., etc....**

# Mediterranean Diet – What it is ...and isn't

- ▶ Mediterranean Diet – a UNESCO World Cultural Heritage
  - It's a lifestyle vs. a “diet”
  - Can incorporate any cultural foods/practices into MD
  - Anti-inflammatory = anti-tumor, anti-cancer, anti-obesity
  - Gut Healthy
  - Easy to follow
  - Inexpensive
  - Flexible

# How do we get from here to there?!

Arkansas



Mediterranean



# How do we get from here to there?!

Southern Meal



Mediterranean Meal



# How did we get from there to here?

## Prudent (or Mediterranean) Diet

- ▶ Unsaturated fat vs. saturated fat
- ▶ Smaller portions
- ▶ 2,300 -2,400 mg of sodium/day
- ▶ Whole foods/grains; little processing
- ▶ High fruit/veg consumption
- ▶ High fiber

## Western (or Southern) Diet

- ▶ High saturated fat
- ▶ Large portions
- ▶ High sodium
- ▶ Refined/processed CHO and foods
- ▶ Low fruit/veg consumption
- ▶ Low fiber

# Celebration Meals Every Day...

- ▶ Celebration foods used to be eaten on special occasions
- ▶ Now available everywhere and much of it is inexpensive
- ▶ McDonald's sweet tea – any size - \$1.00...
- ▶ Buffets filled with “comfort” food
- ▶ Fried food outlets

# Celebrating the Season vs. the Occasion

“Collards in winter, peas through spring, tomatoes come summer. Chickens were for laying eggs, not frying. Fish and shrimp were abundant for coast and river folks. We lost that connection during the Great Migration and in the decades since as industrialized convenience food has made us unhealthy and sick. Our celebration foods – smoked whole hogs, candied yams, caramel cake – became what we ate all the time. We forgot about all the amazing daily meals we created from greens and beans and grains.” – Carla Hall’s Soul Food: Everyday and celebration



# Are we that far apart?

## Common Mediterranean Diet Foods

- ▶ Greens of any kind
- ▶ Legumes
- ▶ Okra (popular in African countries)
- ▶ Fish
- ▶ Red meat, poultry a few times a week
- ▶ Fruit and vegetables
- ▶ Whole grains (rice, corn, wheat)

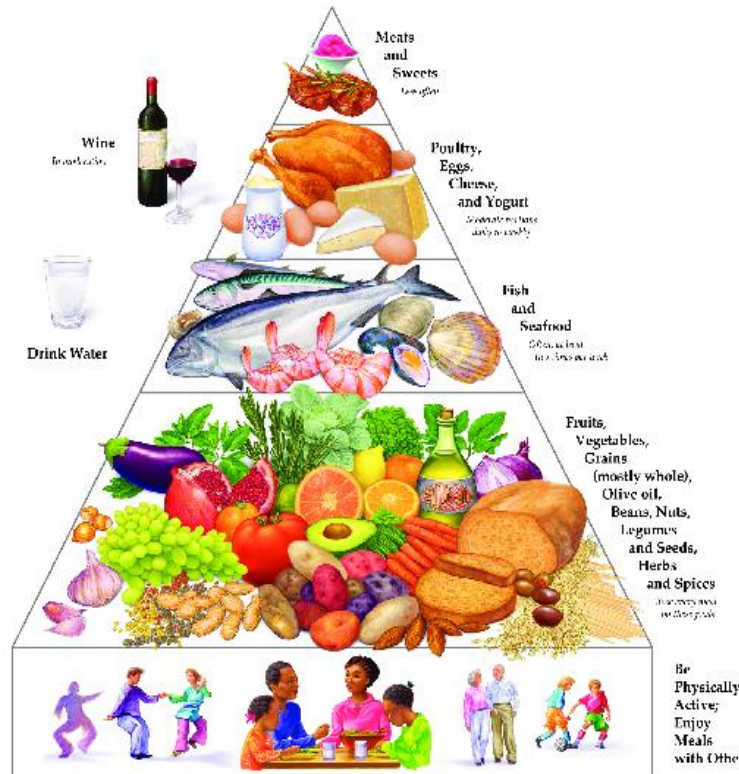
## Common Southern Foods

- ▶ Turnip or Mustard Greens
- ▶ Black-eyed or purple hull peas
- ▶ Okra
- ▶ Catfish
- ▶ Chicken, pork, beef
- ▶ Peaches, apples, watermelon
- ▶ Tomatoes
- ▶ Grits
- ▶ Rice

# Mediterranean Diet Food Pyramid

**OLDWAYS**  
HEALTH THROUGH HERITAGE

## Mediterranean Diet Pyramid



© 2009 Oldways Preservation and Exchange Trust

[www.oldwayspt.org](http://www.oldwayspt.org)

# The Mediterranean Diet Groups

- ▶ Vegetables
- ▶ Legumes
- ▶ Fruits and nuts
- ▶ Cereals and Whole Grains
- ▶ Fish
- ▶ Oils/Fats
- ▶ Dairy
- ▶ Meats
- ▶ Alcohol

# Vegetables

- ▶ 2-3 cups per day
- ▶ Dark leafy greens, carrots, squash, peppers, eggplant, cucumbers, tomatoes, zucchini, broccoli, cauliflower



# Legumes

- ▶ 2 cups per week
- ▶ Lentils, peas, beans, okra, chickpeas, peanuts



# Fruits and Nuts

Fruit: 1 – 1 ½ cups per day

- ▶ Apples, berries, citrus, peaches, bananas, grapes



Nuts: ¼ cup per day

- ▶ Almonds, walnuts, cashews, pistachios

# Cereals and Whole Grains

- ▶ 1 ½ cups per day
- ▶ Brown rice, corn, popcorn, quinoa, whole wheat breads, corn tortillas, oats



# Fish

- ▶ Two 4-ounce servings per week
- ▶ Cod, drum, tuna, salmon, crabs, clams, shrimp, scallops, oysters, mackerel, catfish, tilapia



# Oils/Fats

- ▶ Plant based vs. animal derived – doesn't have to be olive oil!
- ▶ Unsaturated oils such as olive, canola, sesame, sunflower, safflower, cottonseed



# Dairy

- ▶ Less than one 8 ounce cup per day
- ▶ Low fat and fermented: yogurt, cheeses, kefir, cottage cheese, ricotta cheese



# Meats

- ▶ 3-4 ounces (about 1 serving) per day
- ▶ Pork tenderloin, chicken breast or trimmed thigh, lean ground beef



# Alcohol

- ▶ Women – 1 drink per day
- ▶ Men – 2 drinks per day
- ▶ If you don't drink, don't start
- ▶ All alcohols are included but should be consumed with meals. Avoid binge drinking



# Recommendations on Closing the Gap

- ▶ Look at where you are currently at and rethink your plate
- ▶ Add first, then minimize
- ▶ Use healthier cooking methods
- ▶ Measure!
- ▶ Keep track of your intake for a week
- ▶ Try new recipes using current ingredients

# Rate Your Med Diet Score

1 of 2 Automatic Zoom

## RATE YOUR MED DIET SCORE

*with Oldways and the Mediterranean Foods Alliance*

Scientific studies show that people who follow the Med Diet enjoy better health than those who don't. Find out your Med Diet Score today, by giving yourself one point for each yes below, and zero for each no.

I eat....		If Yes, score 1	If No, score 0
Vegetables	Two or more cups of vegetables a day		
Fruit	Two or more pieces of fruit a day		
Whole grains	2 or more whole grains a day		
Wine	½ to 1 drink a day for women, 1 to 2 for		

# Tips to Mediterraneanize your Southern cooking

- ▶ Increase fruit and vegetable consumption
- ▶ Regulate meat/poultry consumption
- ▶ Investigate other protein sources
- ▶ Try new whole grains
- ▶ Meatless Mondays
- ▶ Reduce saturated fats by replacing them with unsaturated fats

# Budget Friendly Tips

- ▶ Frozen foods
- ▶ Bulk buying
- ▶ Instantpot/Slow Cooker
- ▶ Meal prepping
- ▶ Batch cooking
- ▶ Make once, eat twice
- ▶ Shop in the ethnic markets
- ▶ Dine at local ethnic restaurants to try new foods

# Recipe Makeover

## Red Beans and Rice – reg.

- ▶ Red beans
- ▶ White rice
- ▶ 14 oz andouille sausage
- ▶ Veggies
- ▶ Seasonings – including 1 Tbs salt
- ▶ 521 kcal
- ▶ 81 g carbohydrates
- ▶ 31 g protein
- ▶ 21 g fat
- ▶ 1947 mg sodium

## Red Beans and Rice – Med.

- ▶ Red beans
- ▶ Brown rice
- ▶ No sausage – use smoked paprika
- ▶ Veggies
- ▶ Seasonings - including ½ tsp salt
- ▶ 270 kcal
- ▶ 48 g carbohydrates
- ▶ 12 g protein
- ▶ 2.5 g fat
- ▶ 300 mg sodium

# Recipe Makeover

## Shrimp and Grits – reg.

- ▶ Chicken broth & milk
- ▶ 1/3 c. butter & 8 slices bacon
- ▶ Grits
- ▶ 1 cup cheddar cheese
- ▶ Shrimp
- ▶ Cajun seasoning
- ▶ 674 calories
- ▶ 42 g fat (22 g saturated )
- ▶ 1845 mg sodium
- ▶ 33 g carbohydrates
- ▶ 41 g protein

## Shrimp and Grits – Med.

- ▶ Water & milk
- ▶ 1 Tbs. butter - no bacon
- ▶ Grits + cauliflower
- ▶ ½ c cheddar cheese and 2 Tbs parmesan
- ▶ Shrimp
- ▶ Seasonings + 1/8 tsp. salt
- ▶ 322 calories
- ▶ 14 g fat (7 g saturated)
- ▶ 395 mg sodium
- ▶ 22 g carbohydrates
- ▶ 24 g protein

# Recipes and Resources

- ▶ The 30-Minute Mediterranean Diet Cookbook - Serena Ball, RD & Deanna Segrave-Daly, RD
- ▶ The Blue Zones Kitchen – 100 Recipes to Live to 100 – Dan Buettner
- ▶ Oldways -<https://oldwayspt.org/>
- ▶ CulinaryMedicine.org - <https://culinarymedicine.org/community-class-recipes/>
- ▶ Vegetarian Times -<https://www.vegetariantimes.com/recipes>
- ▶ 1,000 Vegetarian Recipes – Carol Gelles
- ▶ Hip Pressure Cooking – Laura D.A. Pazzaglia
- ▶ Carla Hall's Soul Food – Everyday and Celebration

# References

- ▶ Di Daniele N, Noce A, Vidiri MF, et al. Impact of Mediterranean diet on metabolic syndrome, cancer and longevity. *Oncotarget*. 2017;8(5):8947–8979. doi:10.18632/oncotarget.13553
- ▶ <https://www.sevencountriesstudy.com>
- ▶ <https://oldwayspt.org/>
- ▶ <https://culinarymedicine.org/>

# Thank you!

Margaret Pauly, MS, RD, LD

Email: [mpauly@uams.edu](mailto:mpauly@uams.edu)

Tel: 501-499-1927