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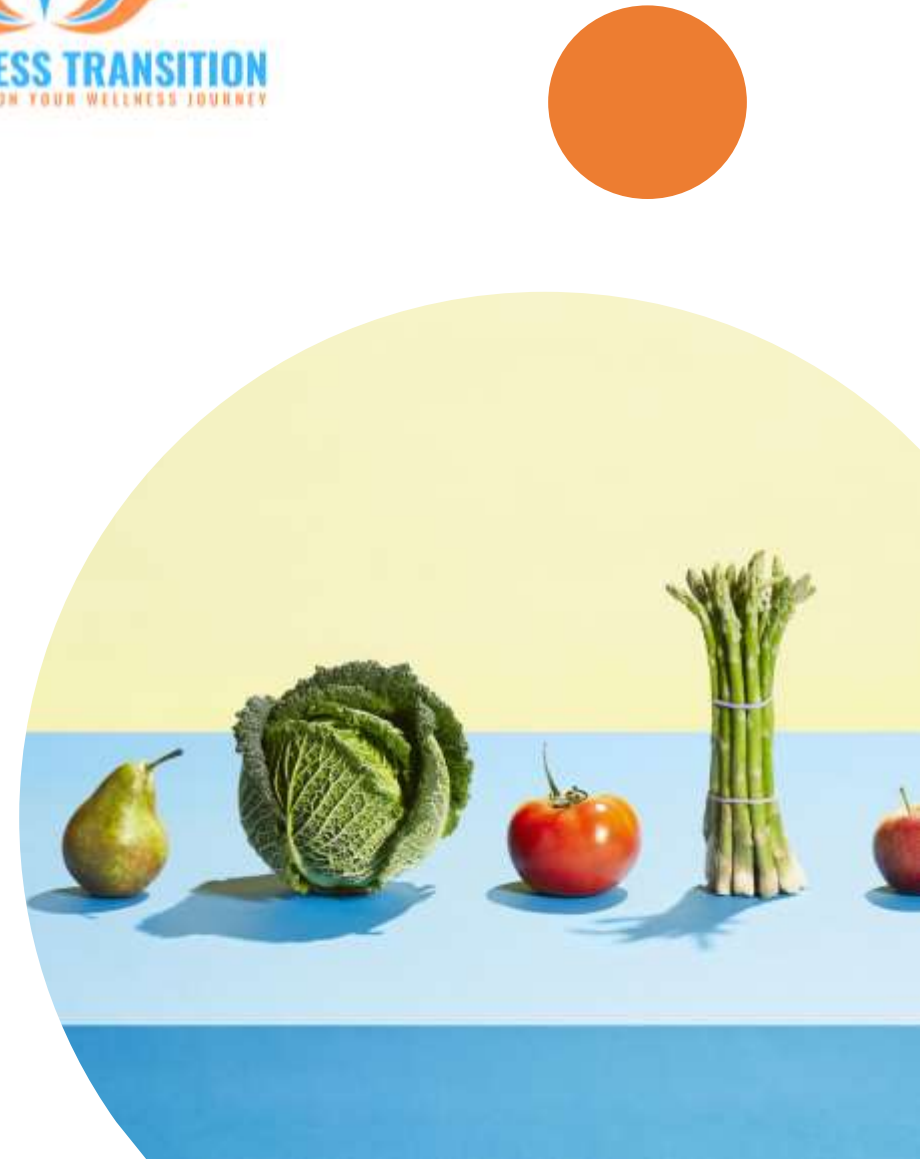
# Fuelling Your Day with the Mediterranean Diet



**MY WELLNESS TRANSITION**  
EMPOWERING YOU ON YOUR WELLNESS JOURNEY

# Fuelling Your Day

- There can be no doubt that our lives seem to be getting busier...
- Providing the right food for our bodies to make new cells and maintain body systems is slipping down the list of priorities
- Our bodies rely on a steady supply of essential nutrients to maintain health and function optimally
- These nutrients include **carbohydrates, proteins, fats, essential fats, vitamins, minerals, phytochemicals and antioxidants**
- These nutrients are found in natural wholefoods



# The Mediterranean Diet

- I am sure by now; you have heard all about the health benefits of the Mediterranean diet
- In case you haven't, it's probably the most studied and proven way of eating for its health-giving properties





What makes this way of eating so healthy?

# Rich in colourful fruit & vegetables- The Rainbow



The colour of different fruits and vegetables have different beneficial effects. These colour pigments are “**phytonutrients**”

ON  
LINE



They act as antioxidants (protecting our cells from damage & mutations)



They assist the liver in eliminating toxic chemicals



They work with vitamins to help with energy production, repair and immunity



They balance inflammation



They feed our beneficial gut bacteria, which support digestive, immune, hormonal and brain health

# Rich in vitamins & minerals



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We need these essential nutrients to activate most metabolic processes such as:

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Cell renewal

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Electrolyte balance

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Muscle contraction and relaxation

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Making hormones and neurotransmitters

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Antibody production

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# Wholesome Wholegrains & Fibre

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Whole Grains provide the most important source of complex carbohydrate and fibre in the diet

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They also contain significant sources of protein and essential fats

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Fibre is basically a form of carbohydrate that we cannot digest. However, it is the food that all our beneficial bacteria eat and ferment and has many functions within the body

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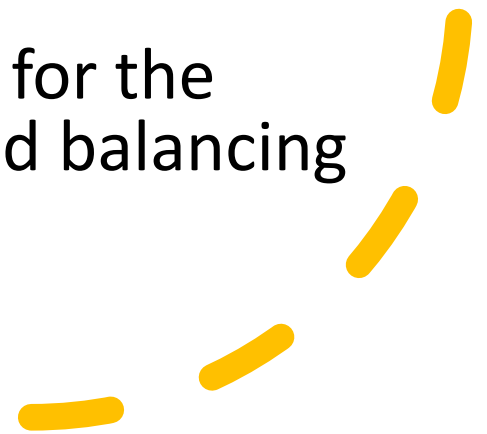
Fibre is a prebiotic

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The Whole Grain family include pot barley, whole grain wheat, rye, oats, wild & brown rice, buckwheat and millet.

# High in Essential Fats (EFA) & Olive oil

- Rich in Polyunsaturated omega-3 fatty acids (EPA and DHA), which are found in fatty fish such as salmon, mackerel, halibut, tuna, seafood, algae, krill and some plant oils
- Omega 3 fats appear to be actively involved in switching off inflammation and protect our heart and blood vessels
- Nuts, seeds, avocado and olive oil also contain anti-inflammatory oils (mainly monounsaturated)
- Essential fats are very important for the health of our cell membranes and balancing hormones





# Plant based protein



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Nuts & Seeds are rich sources of EFAs, phytonutrients, protein and fibre

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They are also an excellent source of vitamins & minerals particularly vitamin E and Zinc, Selenium and Magnesium

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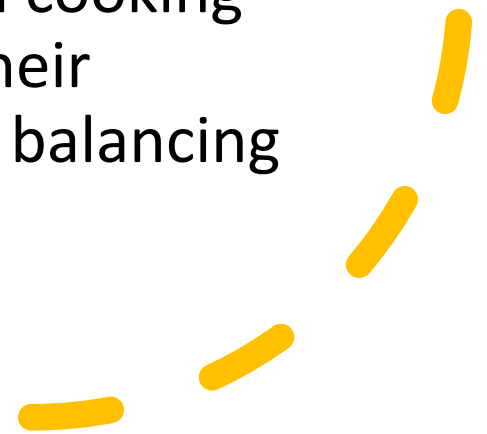
Pulses include peas, beans and lentils

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They are rich sources of phytonutrients, vitamins, minerals, fibre, carbohydrates and protein. Because pulses are low in water & saturated fat content, they add bulk to soups, stews and casseroles without extra calories

# Herbs & Spices

- It's easy to forget that herbs and spices were the basis for nearly all medicinal therapy until synthetic drugs were developed in the 19th century
- Traditionally, culinary herbs & spices were used to improve the flavour & texture of food, but also prevented spoilage (before refrigeration) as they had anti-microbial properties
- More recently, researchers are once again exploring the possible therapeutic uses for a long list of herbs and spices used in cooking (culinary herbs), primarily due to their antioxidant, antiviral and hormone balancing effects



# How to Eat the Mediterranean Diet: The Food Basics

- Increase the following foods in your diet:
- ✓ Organic or locally grown fruit and vegetables. Rich in fibre, antioxidants, vitamins, minerals and phytonutrients



# How to Eat the Mediterranean Diet: The Food Basics

- **Aim for 5-6 different colours per day (red, orange, green, yellow and purple) as each colour has different beneficial effects**
- Particularly important fruits and vegetables include green leafy vegetables, Brussels's sprouts, broccoli, cauliflower, cabbage, onions, garlic, carrots, peppers, sweet potato citrus fruit, kiwi fruit and berries
- Add them to breakfast, lunch dinner & snacks



## How to Eat the Mediterranean Diet: The Food Basics

- **✓ Whole grain foods such as brown rice, porridge, barley, wholemeal or sourdough bread**
- Rich in fibre, B vitamins, Magnesium, Selenium and phytonutrients
- Aim for 2-3 portions of whole grains per day

## How to Eat the Mediterranean Diet: The Food Basics:

- **✓ Foods high in omega 3 and 6 fats**
- These include nuts, seeds, oily fish, avocado and high-quality olive oils
- Nuts and seeds also contain Protein, Zinc, Selenium, Vitamin E
- Aim for 1-2 portions per day



## How to Eat the Mediterranean Diet: The Food Basics

- **✓ Switch some meat portions for beans and lentils**
- Aim for a protein source at every meal
- Organic or free-range chicken/turkey, Fish (oily or white), Eggs, Nuts, Beans, Lentils, Cheese, Yoghurt
- Keep red meat to no more than twice weekly

# How to Eat the Mediterranean Diet: The Food Basics

- **✓ Herbs and spices**
- Herbs and spices contain many important nutrients
- Those of particular importance include rosemary, turmeric, coriander, basil, cayenne, thyme, caraway, dill, black pepper and cloves
- Also try herbal teas such as green tea, ginger and lemon



# How to Eat the Mediterranean Diet: The Food Basics

- **v Sulphur** rich foods such as onions, garlic and eggs
- **v** You are allowed have 7-8 glasses (125 ml glass) of red wine per week
- **v Increase your water intake** until urine colour is pale straw colour

# How to Eat the Mediterranean Diet: The Food Basics

Decrease the following foods in your diet:

**X** Foods containing sugar and anti-nutrients: these include cakes, biscuits, fizzy drinks and fast food

**X** Consumption of food products containing toxins e.g., food additives and preservatives, alcohol, rancid cooking oils



**A huge part of the Mediterranean diet is eating in a relaxed, social setting**

- **We can get into the habit of eating on our own, in front of TVs, computers etc**
- **Try to eat your meals at a table and with friends, work colleagues and family where possible**