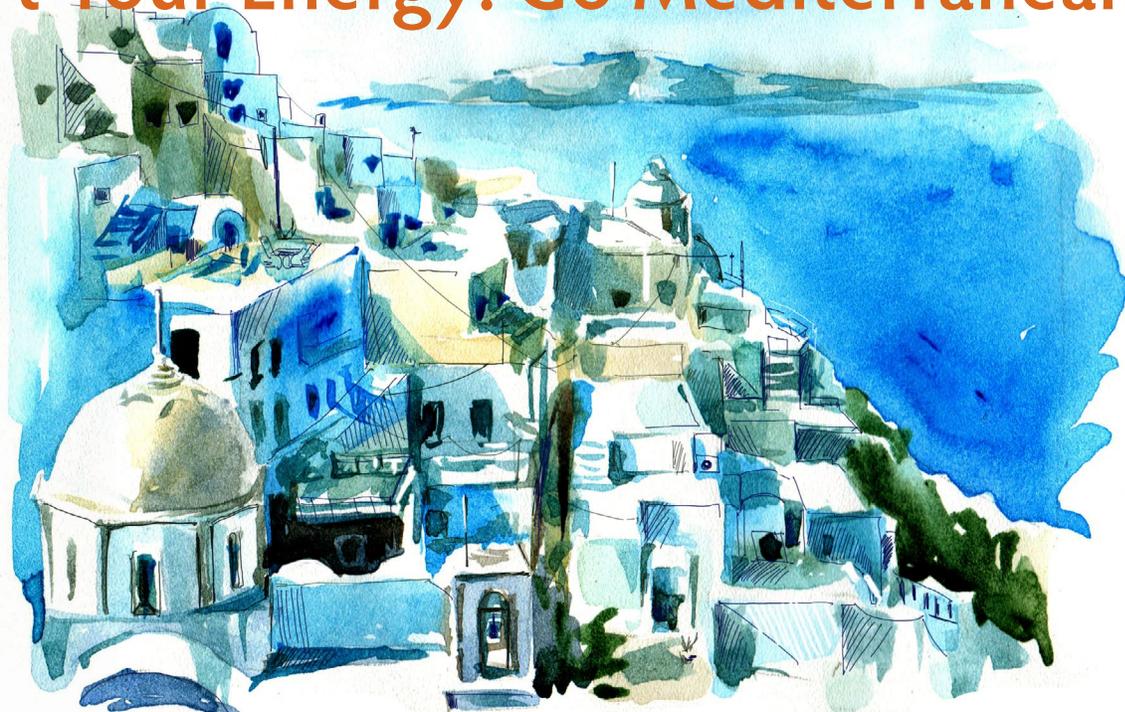


Jump Start Your Energy: Go Mediterranean



Do you feel tired before you even start the day? There are four key things you need for optimum energy levels: a healthy diet, plenty of exercise, adequate sleep and stress control. "The Mediterranean Lifestyle" (TML) can help you improve in all of these areas.

If you jump full-throttle into this, the first few weeks will not be easy. You may crave those junk foods for a while, it may be hard to become active if you are currently not exercising, and your TV may lose control of you. But if you give it time and hard work, the results will amaze you.

Fuel

Notice: this is more than a diet; it's a way of life! You'll be eating mostly fruits, veggies, low-fat yogurt and cheese, olive oil and a varied combination of whole food elements. You can have a burger or steak from time to time, but fish and poultry will be the main source of your protein. [Click here](#) for more details about the wonderful foods in TML and see the next page for some fast facts to get you started.

Activity and the Great Outdoors

An essential part of TML is spending time outdoors walking, hiking, sports or doing other activities you enjoy. You can cycle, garden, tour your city or play games with your children in the park.

Try to exercise five to six days per week for at least 30 minutes per day. It should be strenuous enough to raise your heart rate and get you sweating. Exercise results in an immediate sense of physical and emotional well-being.

Get Your Rest and De-Stress

Everyone's goal should be to get seven to eight hours of restorative sleep. If you're not getting this amount, try to manage your time better so you can carve out just an extra hour of shuteye. Habitual sleep loss by even one hour can lead to chronic drowsiness. Getting good rest is a foundation to stress reduction and an essential part of TML.

Another way to control your stress is to practice deep breathing, and you can even do it during a walk! Just put your right hand over your stomach. Start by taking in a deep breath for two seconds. Then slowly breathe out for four seconds. Repeat at least three times.

The Benefits of The Mediterranean Lifestyle

Research has shown that traditional Mediterranean food reduces the risk of heart disease. In fact, an analysis of more than 1.5 million healthy adults demonstrated that following a Mediterranean diet was associated with a reduced risk of death from heart disease and cancer as well as a reduced incidence of Parkinson's and Alzheimer's diseases.

Following the diet has also been linked with a reduced risk of early death and has proved to be a successful strategy for healthy weight reduction. You don't need any particular cooking skills to produce inexpensive, delicious meals fitting the Mediterranean diet. It's something your whole family can enjoy for good health. Let's get started!



Mediterranean Diet Quick Start

The Mediterranean Diet is a delicious and healthy way to eat. Many people who switch to this style of eating say they'll never eat any other way. Here are some specific steps to get you started:

1. Eat your veggies and fruits—and switch to whole grains.

A variety of plant foods should make up the majority of your meals. They should be minimally processed—fresh and whole are best. Include veggies and fruits in every meal and eat them for snacks as well. Switch to whole-grain bread and cereal and begin to eat more whole-grain rice and pasta products. Keep baby carrots, apples and bananas on hand for quick, satisfying snacks. Fruit salads are a wonderful way to eat a variety of healthy fruit.

2. Go nuts. Nuts and seeds are good sources of fiber, protein and healthy fats.

Keep almonds, cashews, pistachios and walnuts on hand for a quick snack. Choose natural peanut butter rather than the kind with hydrogenated fat added.

3. Pass on the butter.

Try olive or canola oil as a healthy replacement for butter or margarine. Lightly drizzle it over vegetables. After cooking pasta, add a touch of olive oil, some garlic and green onions for flavoring. Dip bread in flavored or herbed olive oil or lightly spread it on whole-grain bread for a tasty alternative to butter.

4. Spice it up.

Herbs and spices make food tasty and can stand in for salt and fat in recipes.

5. Go fish.

Eat fish at least twice a week. Fresh or water-packed tuna, salmon, trout, mackerel and herring are healthy choices. Grill, bake or broil fish for great taste and easy cleanup. Avoid breaded and fried fish.

6. Rein in the red meat.

Limit red meat to no more than a few times a month. Substitute fish and poultry for red meat. When choosing red meat, make sure it's lean and keep portions small (about the size of a deck of cards). Also, avoid sausage, bacon and other high-fat, processed meats.

7. Choose low-fat dairy.

Limit higher fat dairy products, such as whole milk, cheese and ice cream. Switch to skim milk, fat-free yogurt and low-fat cheese.

Recipe: Vegetable and Garlic Calzones

Ingredients

- 6 asparagus stalks, cut into 1-inch pieces
- 1 cup chopped spinach
- 1 cup chopped broccoli
- 1 cup sliced mushrooms
- 4 tablespoons garlic, minced
- 4 teaspoons olive oil
- 1 pound frozen whole-wheat bread dough loaf, thawed
- 2 medium tomatoes, sliced
- 1 cup mozzarella cheese, shredded
- 1 1/3 cup pasta or pizza sauce (low sodium)

Instructions

1. Preheat the oven to 400 F. Lightly coat a baking sheet with cooking spray.
2. In a medium bowl, add the asparagus, spinach, broccoli, mushrooms and garlic. Drizzle 1 teaspoon of the olive oil over the vegetables and toss to mix well.
3. Heat a large, nonstick frying pan over medium-high heat. Add the vegetables and saute for 4 to 5 minutes, stirring frequently. Remove from heat and set aside to cool.
4. On a floured surface, cut the bread dough in half. Press each half into a circle. Using a rolling pin, roll the dough into an oval. On half of the oval, add 1/2 of the sauteed vegetables, 1/2 of the tomato slices and 1/4 cup cheese. Wet your finger and rub the edge of the dough that has the filling on it. Fold the dough over the filling, pressing the edges together. Roll the edges and then press them down with a fork. Place the calzone on the prepared baking sheet. Repeat to make the other calzone.
5. Brush the calzones with the remaining 1 teaspoon olive oil. Bake until golden brown, about 20 minutes.

NUTRITION INFORMATION (per serving) 256 calories | 12 g protein | 34 g carbohydrates | 4 g dietary fiber | 385 mg sodium | 8 g total fat

(Recipe courtesy of the Mayo Clinic)