

Diet, Exercise & You

Nutrition Notes by Jeannine

Do you want to be healthier without having to follow a strict diet? A good way to start is by following a Mediterranean Diet. In fact, it is more an eating style than a diet. The Mediterranean Diet is well known for preventing heart disease and stroke. It can help decrease high blood pressure and high cholesterol.

It consists of eating plenty of fruits, vegetables, beans, nuts and seeds, olive oil, fish, and low-fat dairy products, and eggs. Here are some tips on how to get started:

- **Fruit and vegetables:** Eat 2 to 3 servings of fruits and 4 or more servings of vegetables daily.
- **Protein:** Eat 2-3 ounces at each meal. For example, salmon, water-packed tuna, poultry, and beans. It is recommended to eat small portions of lean red meat.
- **Nuts and seeds:** Eat about 4 servings (a quarter of a cup) weekly.
- **Healthy fats:** Unsaturated fats are healthy fats. They include olive oil, sardines, salmon, albacore tuna, nuts and seeds, and legumes. You can eat fish or shellfish 2-3 times a week.
- **Whole grains:** Add barley to your soup, and eat quinoa, whole-grain bread, and oatmeal.
- **Dairy:** Try low-fat cottage cheese, low-fat Greek or plain yogurt. Eat 1 to 2 servings daily.
- **Water**— Aim for 6-8 cups per day

Staying physically active with a healthy diet can better your overall wellbeing!

Adults should aim for 150 minutes of moderate aerobic activity a week. This can include walking, swimming, and cycling to help improve your strength, flexibility, and balance. Make sure to stay hydrated. Please check with your health care professional before you make changes to your diet and exercise plan.

In summary, a healthy diet, good hydration and exercise can help lead to a better you.



Avocado Garden Salad

This salad is easy to fix, looks great on a plate, and is delicious to eat.

Ingredients

- 6 cups Salad Greens torn or cut
- 3 Tomatoes medium, chopped
- 5 Green Onions chopped
- 1 Cucumber peeled and chopped
- 2 tablespoons Lemon Juice
- $\frac{1}{3}$ teaspoon Garlic Powder
- $\frac{1}{2}$ teaspoon Black Pepper
- $\frac{1}{2}$ teaspoon Salt
- 1 Avocado large, peeled

1. Mix salad greens, tomatoes, onions, and cucumber in a large serving bowl.
2. In a small bowl, mix lemon juice, garlic powder, ground black pepper, and salt; stir with fork or whisk. Pour over salad mixture and toss together.
3. Cut avocado in half lengthwise. Remove pit and peel avocado halves. Slice into thin wedges, about 1/8-inch thick.
4. Arrange avocado slices on top of salad and serve immediately. Serves 6.

Tips: You can add crumbled feta, olive oil, and some fresh basil to the salad to add nutritious flavors.

Nutrition Education Quarterly Topic:

Nutrient Requirements for the Senior Nutrition Program

Jeannine Gaillardetz, Dietitian with the Senior Nutrition Program is providing education for seniors at each of our Dine-In Sites during lunch service.

Here is the November schedule:

- November 5, 2025 – Pioneer
- November 19, 2025 – Cameron Park

Source: recipe and photo are from eatfresh.org

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