



Mediterranean Diet

The Indian Way
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Purpose of Eating

- Nourish

1. Fulfill needs of body (adequate nutrition)
2. Consume nutrient rich food
3. Avoid empty calories

- Build

1. In senior years, body requirements change
2. Consume more plant proteins
3. Eat variety of food to get all the nutrients you need

- Sustain

1. Consider food rich in antioxidants, consume more soluble fiber, and healthy fats



Nutrition Needs Change As We Age

- Protein
- Vitamin B12
- Vitamin D
- Fiber
- Potassium
- Phyto chemicals

Mediterranean Diet

- Mediterranean Diet is a plant-based diet, but does include meat and Fish
- Olive oil, olives and nuts are the source of fat in this diet
- Mainly consists of vegetables, legumes, nuts and olive oil
- Mostly whole grains
- Generous use of garlic, herbs like parsley, basil and oregano, other spices, and lemon to season food instead of excess salt

Health Benefits of Mediterranean diet

- Many scientific studies have proven that eating Mediterranean diet reduces risk of many diseases like heart disease, diabetes, and cancer etc.
- More than one million people were followed on this diet and it was proven to be a preventive way of eating
- Reduces cardiovascular mortality and other causes of mortality

Nutritional benefits

- Low in saturated fat
 - It has fats high in omega3 and omega 6 fatty acids
- Legumes
 - Plant protein and rich in soluble fiber
- Sesame, pine and walnuts also provide healthy fats and they are rich in minerals
- Greens, like parsley and other herbs, have phytochemical and are rich in antioxidants
- Red wine is also part of this diet



Macronutrients of the Mediterranean diet

- Carbohydrates
 - Whole grains like rice, wheat and legumes provide
- Protein
 - Legumes, goat cheese, and some meats
- Fats
 - Rich in healthy fats like nuts, sesame, olives and olive oil



In conclusion

- Abundance of healthy fats
- It is rich in fiber
- It has plant based proteins
- It also has mainly whole grains
- It is full of vegetables
- Herbs and spices make it more tasty and nutrient rich
- Moderate red wine is consumed in this kind of eating style

Indian vs Mediterranean

Rich in Whole grains	Same
Rich in herbs and spices	Same
Use of variety of legumes and nuts	Same
High in fiber	Same
Use of green vegetables and fruits	Same

Indian Vs Mediterranean

Main Grains -Wheat, rice, millet, Juvar, Nachani etc	Wheat, Bulgar wheat, Rice etc
Main Protein- Legumes, Yogurt, and now some soya products	Meat, fish, Legumes and Feta cheese
Main Fats- Ghee, butter, oil and Nuts	Olives, olive oil and Nuts (Sesame)
Carbohydrates are about 70 – 75% of Total calories	Healthy fats are 70- 75% of Total Calories
We use plenty of saturated fats as ghee in food and sweets	Fats are plant based and rich in omega 3-6 Fatty acids (Heart Healthy)

Indian Vs Mediterranean

We use variety of grains but use of white bleached flour is more often

Grain variety is less but use of white bleached flour is less

We use plenty of dairy products and it contains saturated fats.

Fat sources are nuts, olives, olive oil and some feta cheese

Other than dairy, protein sources are from legumes only

Protein sources are legumes, fish and some meat

Use of alcohol (wine) is not cultural

Use of red wine is cultural

We have plenty of sources of empty calories

Lack of empty calories

Use of ginger, turmeric, Fenugric, Cumin and other spices

Not as many as Indian food

Indian Vs Mediterrenean

**Snacks- Samosa, Kachori,
Chevda, Ganthia still popular**

**Humus, Baba ganoush, Tabouli
Stuffed grape leaves**

Our Sweets sheera, Kheer, Gualb
Jamun, Jalebi, Etc

Baklava with walnuts, Sweets with
Saseme etc

Changes We Need To Make

- Reduce consumption of empty calories.
- Reduce percentage of carbohydrate intake.
- Use more variety of grains; Whole wheat, millet, Juwar, quinoa and Nachani.
- Use less white flour, potatoes, rice, sugar and salt.
- Use more avocado, nuts, oil for healthy fat
- Indian sweets occasional only



Small Changes Can Make a Big Difference

Instead Of...	Try This...
Paneer	Tofu
Peas	Edamame
Sugar, Gud, sweets	Dates, Fig and raisins
White Flour	Nachni, Bajri, whole wheat or Juwar
Basmati Rice	Quinoa, Bulgur
Plain Dahi	Greek Yogurt
Ghee	Olive Oil, other oils
Salt	Coriander, Mirchi, Lemon, Herbs & Spices

Some important life style changes

- Regular exercise 150 – 200 minutes per day.
- Use of Health Apps to keep up with new changes.
- Avoid eating late after 7 pm.
- Eat around family and friends to reduce stress and increase laughter.
- According to your own believes consume red wine 1-2 servings 3 times per week.
- Cut down empty calories.
- Finally less total calories.
- **Emphasize less on quantity and more on quality.**

Way of Eating is a Philosophical, Not Mechanical or Habitual

- If you have decided to live longer, break old habits.
- If you want to be healthy for a long time, adopt new and healthy ways.
- Do not underestimate your capacity for being active.
- Reduce stress and laugh a lot.
- Eat around family and friends often.
- Maybe have a drink of wine here and there.

No Pain No Gain