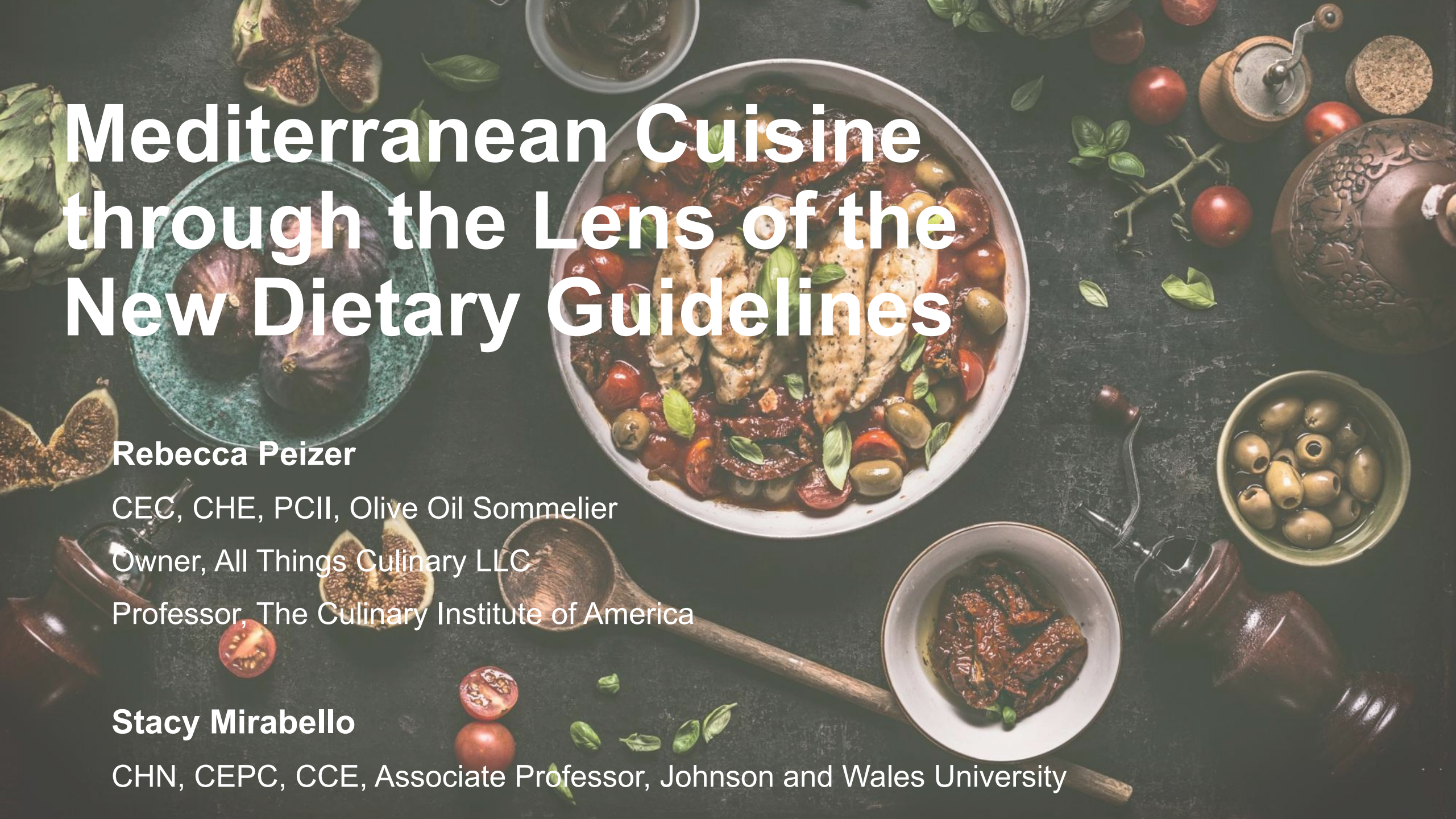




Mediterranean Cuisine through the Lens of the New Dietary Guidelines

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We Have No Disclosures

(Unless excessive enthusiasm for cooking, teaching, and talking about both, is considered a competing interest)





We live in Interesting Times





FRANCE

ITALY

ROMANIA

Black Sea

SPAIN

Tyrrhenian Sea

SERBIA

BULGARIA

GREECE

TURKEY

So did these folks way back then

Ionian Sea

Aegean Sea

Mediterranean Sea

SYRIA

CYPRUS

LEBANON

ISRAEL

JORDAN

MOROCCO

ALGERIA

TUNISIA

LIBYA

EGYPT

THE
MEDITERRANEAN
REGION

0 250 500 750 km

What is the Mediterranean Diet

A lifestyle approach

A pattern of eating, not a restrictive diet

Build meals around plants and healthy fats





Tradition

The Mediterranean Diet lends itself to:

- Consumer expectation of being healthy
- Reinterpretations to include other cultures



Moroccan Chicken Tagine

Tagine is a ***Flavor Delivery System*** of:

- Heritage food
- Can easily be adjusted to new guidelines

Why Keep Tradition?



- Mediterranean diet works!
 - So much more than Greek or Italian food
- The food knowledge and passion exists and does not need to change
- Extra Virgin Olive Oil and Spices
 - Hallmarks associated with health

What the new Dietary Guidelines are Promoting

Resemblance to the Mediterranean diet

Promote long-term health through:

- Whole Foods vs. Processed foods
- High-quality protein foods
- Reduced sugar and sodium



USDA DIETARY GUIDELINES:

BUILDING A HEALTHY EATING PATTERN



More fruits & vegetables



Choose a variety of colors to get a wide range of nutrients



Whole grains



Choose whole grains like oats, brown rice, quinoa, and whole wheat.



Plant-forward eating



Make plants the foundation of your meals.



Seafood & healthy fats



Choose seafood 2+ times per week. Use unsaturated oils like olive oil, nuts, seeds, and avocados.



Reduced added sugar



Limit added sugars found in sugary drinks, desserts, and processed foods.



Reduced sodium



Choose less sodium by cooking at home, using herbs and spices, and reading nutrition labels.



Leaner proteins



Choose lean meats, poultry, eggs, beans, peas, lentils, and tofu.



Balanced. Nutrient-Dense. Sustainable.

These simple shifts add up to better health today and for generations to come.



"Eat Real Food"

...and lots of it...
...or not too much...



Mediterranean Diet Emphasis

- Lifestyle
- Culture
- Food quality
- Prioritizes plant proteins and seafood
- Lean animal proteins
- High quality extra virgin olive oil

New Dietary Guidelines for Americans

- Food groups
- Reduced portion sizes
- Nutrient adequacy
- Elevates overall protein consumption, including animal protein and full fat dairy
- Broadens the role of most animal-based fats

Tagine 2.0 Tunisian Style

Bound with egg and ricotta and dollop of herby labneh

Added healthy protein and fats

Apple cider vinegar & preserved lemons

Decreased salt and gut health

Baked with greens and beans

Added fiber

Served with Multigrain "Couscous", dried fruits and nuts

Added fiber, healthy fats and protein



Comparison: Estimated Nutrition per serving

TRADITIONAL MOROCCAN TAGINE

Calories	1,080 kcal
Protein	45 g
Total Fat	58 g
Saturated Fat	22 g
Monounsaturated Fat	24 g
Carbohydrates	95 g
Dietary Fiber	8 g
Total Sugars	34 g
Added Sugars	12 g
Sodium	2,800 mg
Cholesterol	220 mg

TAGINE 2.0

Calories	1,090 kcal
Protein	54 g
Total Fat	55g
Saturated Fat	16g
Monounsaturated Fat	30 g
Carbohydrates	55 g
Dietary Fiber	12 g
Total Sugars	18 g
Added Sugars	2 g
Sodium	1,650 mg
Cholesterol	390 mg

Beyond Nutrition: Herbs and Spices

How to Influence Whole Body and Mind Well Being



Enhance eating satisfaction by engaging multiple senses

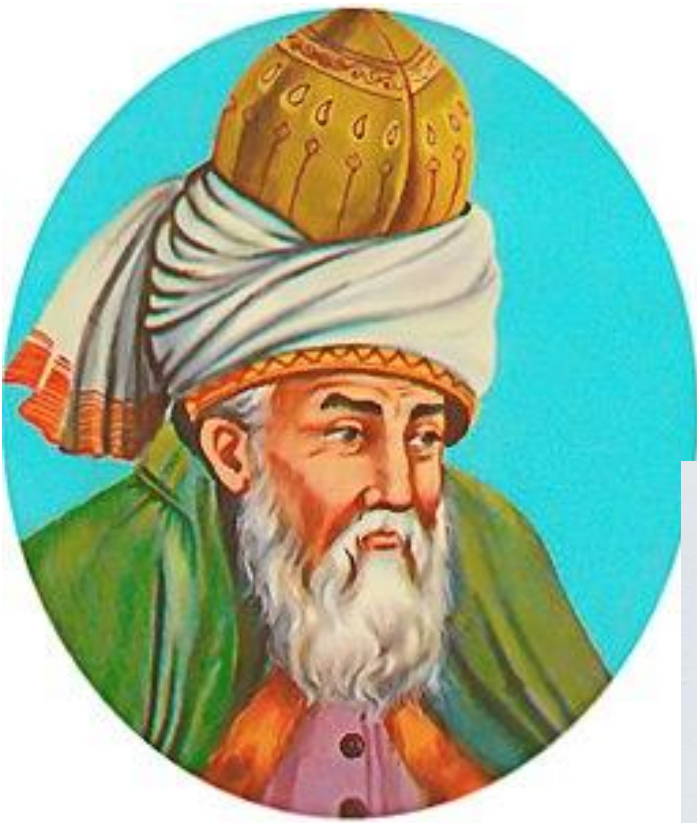
- Aroma
- Flavor
- Texture
- Visual appeal (color and presentation)

Support positive emotional well-being

When Making Modifications

- Keep a sense of authenticity
- Add... without taking away
- Offer sustainable opportunities to promote waste reduction
 - Imperfect cuts of meat and trim
 - Leftover vegetables
 - Stems
 - Wilting herbs
 - Last bits of cheese and dairy





A CHICKPEA TO COOK



- One of Rumi's most famous stories is about chickpeas being subjected to the fire for cooking.
- the chickpeas cry in agony because it hurts to be changed
- They are boiled so that they become nutrients and mingle with the spirit.
- They soften to absorb the spices of life and to become what they are meant to be



THANK YOU!

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