

"Let food be thy
medicine." –
Hippocrates

The Little River Post

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DIVE RIGHT IN!

Disclaimer: This newsletter is not a substitute for medical advice.

THE MEDITERRANEAN DIET

By ROXANNE FISHER

Even though I'm more of a pasta than a salad girl, when I was in Israel over the summer I found myself craving Israeli salads. Israeli salads are filling because they are filled with so many fresh fruits, nuts, seeds and even fish or grilled chicken. If you have ever been to Lebanon, Spain or any other Mediterranean country you may have had a similar experience! The Mediterranean diet is a style of eating that mimics the way people eat in Mediterranean countries. The British Medical Journal examined twelve different studies using data gathered from over 1.5 million people and found that eating a Mediterranean diet is "clinically relevant for public health as the primary prevention of major health diseases." The Mediterranean diet has been found to be useful in preventing cardiovascular disease and diabetes, and maintaining neurological health. A study conducted by the University of Michigan found that brains of people following a standard American diet shrink and decline much more with age than brains of people following a Mediterranean diet. More details on foods contained in the

Mediterranean diet are included later in the newsletter.

ASK YOUR PT: DR. FISHER'S ADVICE ON THE MEDITERRANEAN DIET

By LISA FISHER

Whenever you try out a seemingly healthy new diet, make sure you get enough protein. The Mediterranean diet is great for giving you all the nutrients that you need but it may not give you enough protein. Most people need more protein as they age, or if their immune system is compromised. Additionally, if you are having problems with low energy, you can often resolve the issue by including more protein in your diet. If you are struggling with low energy, another great way to help with this is to keep a food diary so you can monitor the foods that give you the most energy.

Another challenge of eating the Mediterranean diet in America is that our milk products have so many chemicals in them that many Americans have developed a "lactose intolerance" to American milk products, which they don't experience when abroad. Although the quality level of American food processing systems is disappointing,

luckily, there are a lot of great options to replace cow milk, like almond milk or oat milk.

MEDITERRANEAN DIET MEAL PLAN

By ROXANNE FISHER

1. Breakfast: Oatmeal with fruit and nuts, yogurt with berries, eggs with vegetables, or seeded bread with avocado and tomato.
2. Lunch: A naturally colorful salad with nuts, fruits, avocado and grilled chicken.
3. Dinner: Steamed vegetables, brown rice and beans with wild caught salmon.
4. Snacks: Sunflower seeds, pumpkin seeds, boiled eggs.

To contact the Little River Post with questions or suggestions please email:

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