

Nutritionists' Spotlight: The Mediterranean Diet

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The human diet has changed drastically in the last century. Processed foods with low nutritional value are rampant, specifically in the US – and while we witness their effects on mental and physical well-being, it's not always easy to prove the correlation. This can make the job of a dietitian, nutritional counselor or nutrition consultant very rigorous! So this month's, we'll focus on the diet craze that's taken over for the month of May: the Mediterranean Diet, and remember to give your nutritionist and dietitian friends some extra attention this month, or just pick their brain to see if it's right for you!

Mediterranean Diet: It's not just eating Greek food.

Type of Diet: Plant-based

What does this mean? High in fruits, vegetables, whole grains and legumes!

Can I still eat meat? Of course! Just eat more fish than fats. Saturated fat and animal fat are no good – and we all know the value of Omega-3s for our brain, skin and body!

Can I eat fat? This is a diet without the connotation of “going on a diet.” Think of it as a food lifestyle. You get fat from olive oil, nuts and fish, all eaten in moderation.

Important tips to note: When using olive oil, make sure it's freshly pressed, extra virgin olive oil. What you get in the store in the US is not very highly regulated, so make sure that it has been harvested within the last year!

Other cool facts: The Mediterranean diet is one of the healthiest diets on the planet! People who went on the diet were at-risk for heart disease, and saw great improvements in their heart health!

Here is a great recipe from WholeLiving.com that makes for a great way to dive into the Mediterranean diet, if you want to give it a go! It contains on average: 597 calories; 45 g protein; 20 g fat; 57 g carb; 6 g fiber

Recipe: Curry Rubbed Salmon with Napa Slaw

Ingredients

- 1 cup brown basmati rice
- Coarse salt and ground pepper
- 1 pound Napa cabbage (1/2 head), thinly sliced crosswise
- 1 pound carrots, coarsely grated
- 1/2 cup fresh mint leaves
- 1/4 cup fresh lime juice, plus lime wedges for serving
- 2 tablespoons grapeseed oil
- 4 salmon filets (6 ounces each)
- 2 teaspoons curry powder

Directions

1. In a large saucepan, bring 2 cups water to a boil; add rice. Season with salt and pepper, cover, and reduce heat to medium-low. Cook until tender, 30 to 35 minutes.
2. Meanwhile, in a large bowl, combine cabbage, carrots, mint, lime juice, and oil; season with salt and pepper. Toss.
3. Heat broiler with rack set 4 inches from heat. About 10 minutes before rice is done cooking, place salmon on a foil-lined rimmed baking sheet. Rub salmon with curry, and season with salt and pepper. Broil until just cooked through, 6 to 8 minutes. Fluff rice with a fork and serve alongside salad and salmon.

A special note for the dietitians and allied health professionals:

Gone are the days when dietitians could say none in their field had ever been successfully sued. Just since 1990, there have been 14 successful malpractice lawsuits against dietitians. As private practices grow and allied health professionals become more and more sought after, RD's can get caught in risky situations. To stay protected, it's easy to [get professional coverage as a Registered Dietitian, Nutritionist, or Nutritional Consultant](#) online via CPH Insurance.