



## Official Newsletter of WIC Worksite Wellness

# BENEFITS OF A MEDITERRANEAN DIET

*Jade Martinez & Pedro Guzman, BS*

Looking for a non-restrictive, plant-based diet with lots of health benefits? The Mediterranean diet may be for you! It emphasizes a daily intake of whole grains, healthy fats, fruits, vegetables, beans, nuts, dairy, and herbs. Meat is also acceptable in this diet, however seafood is preferred over red meat. (1) Research suggests that this diet can help reduce the risk for heart disease and decrease symptoms of depression and dementia. (1)

To learn more about the foods as part of this diet, check out the list below or click [here](#) to view New Pyramid for a Sustainable Mediterranean Diet figure: :

- **Every main meal:** Fruits, vegetables, olive oil, breads, rice, couscous, potatoes, pasta (preferably whole grain pastas).(2)
- **Every day:** Dairy, olives, nuts, seeds, herbs, spices, garlic, onions, legumes.(2)
- **Weekly:** White meat, fish/seafood, eggs, red meat, processed meat, sweets.(2)

Overall, the Mediterranean diet promotes nutrient rich foods that are good for our health.



# PLANT-BASED DIET ON A BUDGET

*Janeza Bridges ACE-CPT, USAW, PN1 & Samantha Camacho*

A plant-based diet primarily focuses on consuming foods from plants in their whole, unprocessed form. This diet has been shown to prevent multiple diseases, such as cancer and heart disease. (3) Fortunately, this diet is not expensive or complex. There is more on this diet [here](#) to help you get started. (4)

If you are interested in following a plant-based diet that fits your budget, try these cost-saving tips,

**Shop Smarter:** Buy low-cost protein sources (e.g. beans, tofu, etc.). For more info, click [here](#).

**Eat in-Season:** [Seasonal produce](#) tends to be cheaper (5)

**Buy in Bulk:** Purchase larger amounts at a fraction of the cost.

**Buy canned/frozen:** Canned/frozen produce is just as nutritious as fresh and lasts longer.

# HEALTHY SPRING SHAKE

Ana Hernandez, Ashlyn Taylor, Jillian Arizuren



Let's celebrate spring with this fresh shake. It's the perfect shake for breakfast or lunch, especially when you only have 5 minutes to throw something together! You do not want to miss out on this honey and mint combo!

**Prep time:** 5 mins

**Servings:** 2 Shakes

## Ingredients:(6)

- ¾ cup of 2% milk
- ½ cup vanilla greek yogurt 0% fat
- 1 medium avocado
- ½ teaspoon pure vanilla extract
- 1 cup frozen spinach (fresh can be used, frozen helps form a thicker shake)
- 10-15 fresh mint leaves (depending on how much you love mint!)
- 2 tablespoon honey
- ½ cup - 1 cup ice (depending on how thick you like your shake to be!)

## Optional Toppings:(6)

- 2 tablespoons Reddi-Wip Cream (will add 5 calories) (7)
- 1 tablespoon Hershey's Zero Sugar Syrup (will add 5 calories)(8)

## Instructions:(6)

1. Throw all ingredients into your blender in the order listed above.
2. Blend on low, then increase speed until smooth and well mixed.
3. Pour into your favorite mug and enjoy!

## Price Comparison

Price	Price per serving	Price per shake
Healthy Spring Shake (1 serving) (6)	\$1.78	\$3.56
Mcdonald's Shake (1 serving) (9)	\$2.59	\$2.59



## Nutrition Facts (6)

*Per Serving*

Calories: 336  
Total fat: 18 grams  
Saturated fat: 4 grams  
Polyunsaturated Fat: 2 grams  
Monounsaturated Fat: 11 grams  
Cholesterol: 11 milligrams  
Sodium: 81 milligrams  
Carbohydrate: 39 grams  
Fiber: 8 grams  
Sugar: 30 grams  
Protein: 10 grams

# RESOURCES TO ADD MORE GREENS

Alexis Skinner & Jaquelyn Neves



Plant-Based on a Budget is an online resource that provides shopping tips, recipes, meal plans, and other useful materials to give everyone an opportunity to eat healthy, plant-based meals without spending a fortune.

Click [HERE](#) to access their library of plant-based recipes.



Seasonal Food Guide, is an [online resource](#) and [app](#) that provides a large database, links to recipes, and information on seasonal foods based on location and time of the year.



Garden Beast is an [online resource](#) that provides easy-to-read PDF gardening books that range from 16 to 52 pages long. Click [HERE](#) to access the gardening eBook library!



This newsletter was made possible by the partnership between California WIC Association and the American Red Cross WIC Program.

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