



## January/February 2019 Newsletter

Happy New Year! I can't believe it's 2019! Did you make a New Years Resolution for 2019? The #1 New Years Resolution is to lose weight. According to US News, the #1 diet is the Mediterranean Diet.

The Mediterranean diet is based on the foods and beverages traditionally consumed by people living in countries along the Mediterranean Sea. The Mediterranean diet doesn't guarantee better health and increased lifespan, scientists believe that for many people it is a cost-effective way to improve health and prevent chronic disease. By following the Mediterranean diet can lead to: decreased risk of death from all causes, reduced risk for cardiovascular disease, type 2 diabetes, stroke, Alzheimers disease and dementia, improved cognitive function, decreased the risk for hypertension and etc.

The diet focuses on fish and seafood as a primary source of protein with fruits and vegetables serving as the base of your food intake. It is also recommendation to drink plenty of water and get physical exercise regularly. Mediterranean diet relies on: fresh rather than processed foods, foods lower in saturated fats, salt, and sugar, plant based foods rich including fruits, vegetables, whole grains, legumes, beans and nuts, olive oil is the primary source of fat, cheese, yogurt, fish, poultry and eggs which are eaten in low to moderate amounts, small amount of red meat and wine in moderation.

The traditional Mediterranean diet consists of minimally processed, seasonally fresh, locally grown grains, vegetables, fruits, and nuts eaten at most meals. A healthy diet is not the only factor affecting the health of the Mediterranean population. The Mediterranean lifestyle is about taking time to relax and enjoy the company of family and friends. Mealtime is something to share with loved ones, rather than eating on the go. If more information about the Mediterranean Diet, please contact the

## UNION COUNTY EXTENSION OFFICE

### Greek Salad Recipe

#### Ingredients:

¾ pound tomatoes, seeded, diced (about 2 cups)  
2 cups diced seeded peeled cucumber (from about 1 large)  
1 cup diced red bell pepper (from about 1 large)  
¼ cup pitted kalamata olives or other black olives, halved  
¼ cup diced red onion  
3 tablespoons chopped fresh Italian parsley  
3 tablespoons extra-virgin olive oil  
1 ½ tablespoons red wine vinegar  
½ teaspoon dried oregano  
¼ cup crumbled feta cheese (about 2 ounces)

#### Equipment

Cutting board  
Sharp knife  
Medium bowl  
Measuring cups and spoons  
Spoon – to scoop  
Bowl  
Serving spoon  
Dish cloth/towel

#### Directions:

1. Toss first 9 ingredients in medium bowl to blend.
2. Gently mix in cheese.
3. Season with salt and pepper.

(Can be made 2 hours ahead. Let stand at room temperature a few minutes before serving.)

#### Makes about 4 ½ cups

Serving Size is ½ cup and the Serving is 8. Calories = 85 for ½ cup.

Are you a current caregiver of a loved one, a former caregiver, or a future caregiver?

The Columbia and Union County Extension Offices are partnering to offer Powerful Tool for Caregivers. This class series meets once a week for six weeks. Class size is limited, and registration is required.

Dates for this class will be February 6, 13, 20, 27 and March 6 and 20, 2019. It will meet at the Columbia County Extension Office from 1:30 to 3:00 pm on those dates.

For more Information or to register for a Powerful Tools for Caregivers session, contact Columbia County Extension Office at 8701-235-3720. The deadline to register is January 30, 2019 and the cost is \$5.00.

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