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Mediterranean Diet

What is the Mediterranean Diet?

The Mediterranean Diet had its origins in countries bathed by the Mediterranean Sea or influenced by it. This pattern of food was described for the first time in the 1950s and 1960s, especially in the light of what was practiced in Crete, other regions of Greece and Southern Italy.

The word "diet" derives from the Greek term "diaita" meaning balanced lifestyle. The Mediterranean Diet is precisely this: a lifestyle marked by diversity and that follows these characteristics: • high consumption of foods of plant origin (low refined cereals, vegetables, fruit, dried and fresh legumes and dried and oil seed fruits); • consumption of fresh, low processed and local products, respecting their seasonality; • use of olive oil as the main fat for cooking or cooking food; • low to moderate dairy consumption; • frequent consumption of fish and low and infrequent red meat consumption; • consumption of water as the beverage of choice and low and moderate consumption of wine to accompany the main meals; • making simple culinary confections and ingredients in the right proportions; • practice of daily physical activity; • having meals in family or with friends, promoting the coexistence between people at the table.

Source: Serra-Majem, et al. Does the definition of the Mediterranean diet need to be updated? *Public Health Nutrition*, 2004, 7 (7): 927-929



Recognition of the Mediterranean Diet in Portugal, Spain, Morocco, Italy, Greece, Cyprus and Croatia by UNESCO as an Intangible Cultural Heritage of Humanity since 4th December 2013 reinforces, together with existing scientific evidence, that it is a cultural, historical and health model. This food pattern is seen as the healthiest and most sustainable in the world being fundamental in the field of public health and nutrition globally, but especially in the Mediterranean area.

This cultural heritage must be preserved and promoted in different areas: culture and tourism, public health, agriculture, politics and economic development.

Source: Serra-Majem L, Bach-Faig A, Raidó-Quintana B. Nutritional and cultural aspects of the Mediterranean diet. *Int J Vitam Nutr Res.* 2012 Jun; 82 (3): 157-6.



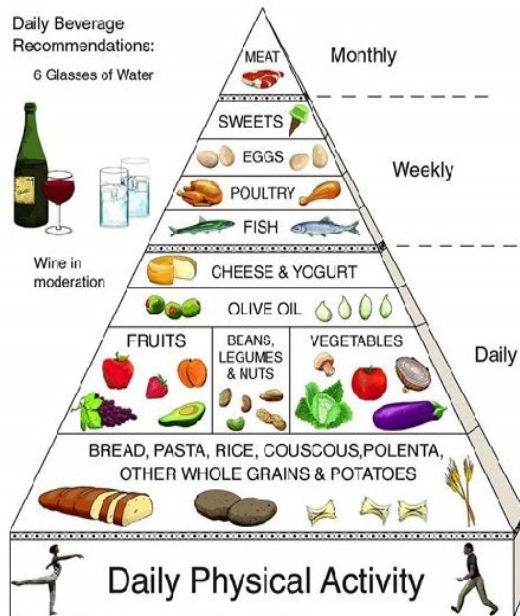
The Mediterranean Diet is a food education tool for the general public and the scientific community.

The Pyramid of the Mediterranean Diet serves as a good guide to promoting healthy lifestyles, where food consumption of different groups is previously emphasized, with special emphasis on the proportions and frequency of ingestion.

This guide provides guidelines for the healthy adult population and should be tailored to the specific needs of children, pregnant women and other health conditions.

In Portugal, the Food Wheel is used as a food guide for healthy eating. This graphical representation already incorporates several principles of the Mediterranean Diet, not only at the level of dietary recommendations, but also at the level of portions to consume.

The Food Wheel is unique, because unlike the pyramid, it has a circular shape that suggests a dish and the meals at the table and in group, typical of the Mediterranean culture.



Source: Manios Y, Detopoulou V, Visioli F, Galli C. Mediterranean diet as a nutrition education and dietary guide: misconceptions and the neglected role of locally consumed foods and wild green plants. Forum

10 principles of the Mediterranean diet in Portugal

- (1) Frugality and simple cuisine that has in its base preparations that protect nutrients, such as soups, stews, stews and stews
- (2) High consumption of plant products to the detriment of the consumption of food of animal origin, in particular vegetables, fruit, quality bread and low-refined cereals, dried and fresh legumes, nuts and oilseeds
- (3) Consumption of locally produced, fresh and seasonal products
- (4) Consumption of olive oil as the main source of fat
- (5) Moderate consumption of dairy products
- (6) Use of herbs to season at the expense of salt
- (7) Frequent fish consumption and low red meat
- (8) Low to moderate wine consumption and only in main meals
- (9) Water as the main drink throughout the day
- (10) User friendliness around the table

In "Mediterranean Diet - a shared civilizational heritage", 2013, ISBN 978-972-8103-74-3 Available at: <http://www.dgs.pt/documentos-e-publicacoes/dieta-mediterranica-um-patrimonio-civilizational-shared.aspx>

Recipes

Simple Mediterranean Salad

4 Medium skinless tomatoes cut into slices

4 Fresh cheese in slices q.b.

Oregano q.b.

Olive oil q.b

Arrange the tomato and cheese on a plate, sprinkle with oregano and drizzle with a little olive oil.

Pasteis de bacalhau (salted cod fritters)

300 g of cod

300 g of potatoes

4 eggs

1 dl olive oil

1 chopped onion

1 sprig of parsley

parsley

pepper

oil

Cook the potatoes with the peel after washing them very well.

Cook the cod for 10 minutes. Shred the cod, removing the skin and bones.

Drain the potatoes and peel them off. Put them in a small saucepan over a low fire. Mash the potatoes.

Sauté the chopped onion in olive oil. Mix the cod and the potatoes until you get a homogeneous mixture. Add the parsley and the beaten eggs, stirring a little more.

With the aid of two spoons soaked in olive oil, mold the mixture and fry in abundant and hot oil.

Drain on absorbent paper.

Tuna Salad with Black Beans

3 cans of natural tuna
1 large can of baked beans
1 pack of cherry tomatoes
400 g of lettuce
2 boiled eggs
1 green pepper
1 onion
1/2 lemon
0,5 dl of olive oil
1 sprig of parsley
Black Olives q.s.
Salt and black pepper q.s.

Choose the lettuce leaves, wrap them and cut them into julienne. Clean the pepper and cut it into small pieces. Peel the onion and cut into slices or half-moons. Wash the beans and drain. Wash the tomatoes and cut them in half or quarters.

Mix the lettuce, bell pepper, tomatoes, beans, chopped parsley, onion and tuna in a bowl. Season with olive oil, lemon juice, salt and pepper.

Garnish the tuna salad with the eggs cut into slices and black olives. Then serve.

Cod Meat Recipe Video Recipe

3 cod slices

550g cooked chickpeas

1 chopped onion

3 cloves of garlic (finely chopped)

3 boiled eggs

Pepper q.s.

Chopped parsley q.s.

Olive oil q.s.

Vinegar q.s.

In a pan with boiling water, place the cod slices to cook for 10 minutes.

After the cod fish is cooked, remove it to a plate and let it cool.

Remove the skin and bones of the cod fish

In a large bowl, mix the onion, garlic and chopped parsley.

Season with pepper, olive oil and vinegar.

Stir everything very well.

Add the cod and mix a little.

Cut the eggs into slices and decorate.

Serve this fresh salad.

“Brás” style codfish

600g of soaked and shredded cod

200 g of thin potato sticks potatoes (batata palha)

6 eggs

1 onion

2 garlic cloves

4 tablespoons olive oil

parsley

Black olives

In a large frying pan on a low heat, fry chopped onions and crushed garlic in olive oil.

Add the cod and the thin potato sticks and mix well. Let the potatoes soften a little.

In a bowl, lightly beat the eggs with a fork.

Add the eggs and mix until well blended and the eggs are cooked.

Serve with parsley and olives.

“Brás” style codfish

4 potatoes to fry

Oil q.s.

2 codfish slices (high)

Olive oil

2 large onions

3 to 4 cloves garlic

6 eggs

milk

salt

chili

Chopped parsley

Black olives

Peel the potatoes and cut them into very thin (straw) sticks. Wash in running water and drain very well. Fry in hot oil until lightly browned.

Meanwhile, remove skin and bones from codfish and shred finely. Heat the olive oil in a pan, add the onions and garlic cloves, peeled and cut into slices.

Once the onion is soft add the shredded cod. Cover the pan and let it cook a little over a low fire, stirring occasionally.

Meanwhile beat the eggs with a little milk, salt and pepper. Add the potato sticks, blend well and drizzle with the beaten eggs. Cook, stirring, until the eggs cook, but do not allow to dry too much. Sprinkle with chopped parsley and garnish with black olives.

Pork with clams

500 g of pork	2 onion (s)
2 garlic cloves	1 spoon of chili pasta soup
4 tomatoes	2 spoons of lard
1 kg of clams	cilantro
q.b. salt	q.b. chili
2 dl white wine	1 bay leaf
2 garlic cloves	

Cut the meat into small pieces.

Add the pepper, white wine, bay leaf, chopped garlic cloves, salt and pepper. Stir and marinate overnight.

On the next day slice the onions, garlic cloves, and skinless tomatoes without any seeds, and bring to the fire with a tablespoon of lard. Let it cook for a while.

Then add the clams previously washed several times.

As soon as the clams open, season with salt and pepper and boil for 1 minute more.

Remove from heat.

In another container fry the drained meat with the remaining hot lard.

Add 2 tablespoons of marinade liquid and simmer for another 15 minutes.

Add the clams and serve the meat with boiled or fried potatoes.

Duck rice

1.5 l of water

100 ml of red wine

150 g of chorizo

50 g smoked bacon

2 bay leaves

4 duck breasts

salt

50 ml of olive oil

1 medium onion

3 cloves garlic

1 tablespoon tomato paste

400 g of needle rice

black pepper

sweet chili

In a saucepan, pour the water, red wine, half the chorizo, smoked bacon, bay leaves, duck breasts and salt.

Let it cook for 40 minutes.

Strain and reserve broth.

In a pot, fry the chopped onion and the garlic in olive oil. Leave it for 3 minutes and add the tomato paste.

Let it cook for 5 minutes.

Let the meat cool, shred the duck meat away from the bone and cut the chorizo and smoked bacon into cubes. Add to the fried onions and garlicks.

Add some broth and let it cook for 3 minutes.

Add the rice and mix well. Add 400 ml of broth and pepper to the boil. Let it boil in mild fire boiling and cook for 10 minutes without stirring.

Place the rice in a casserole dish. Cut the remaining chorizo slices and place them on top.

Let it cook in the oven at 170 ° C for 15 min until the rice is golden and crispy.

Fruit salad

3 apples

3 bananas

3 rock pears

4 oranges

10 strawberries

3 slices of melon

Cut the fruit into pieces.

Mix everything together

Sweet rice

250 ml of water

80 g of carolino rice

Lemon zest

A bit of salt

1 l of whole milk

4 egg yolks

200 g of sugar

Cinnamon powder to sprinkle

Mix the rice, the water, the lemon zest and the salt and bring to the fire leaving it to boil slowly until all the water has evaporated.

Add the milk and let it boil slowly until the rice is completely cooked.

Mix the egg yolks with the sugar and add to the milk, off the heat, stirring well.

Bring to the heat again until the yolks cook (do not boil). Remove from the heat and pour the sweet rice in a deep dish.

Let it cool completely and serve it with sprinkled cinnamon powder.

Oats and honey crumble

quinces

60 g yellow sugar

2 cinnamon sticks

1 tea-bag of lúcia-lima

130 grams of black grapes without seeds

3 tablespoons olive oil

30 g of oat flakes

70g of honey

Peel the quinces and chop them into cubes.

Add the light brown sugar with the cinnamon sticks and the contents of the tea bag. Cook on a low heat.

Wash the grape berries and cut them in halves. When the quinces begin to soften, add the grapes. Stir and let simmer without lid.

Pour the olive oil in a large nonstick frying pan, add the light oat flakes to the heat, stirring constantly for 10 min or until golden.

Sprinkle with honey and cook over medium heat, stirring until the oat flakes are lightly toasted.

Change the mixture to a bottom tray, remove the cinnamon sticks and lightly press the fruit. Spread oat flakes over the mixture and press lightly.