



WELLNESS GRAND ROUNDS

Benefits and Components of the Mediterranean Diet

Wednesday, April 8, 2020

Speaker:

Irina Todorov, M.D.

Location:

Lerner, NA5-08

Time:

12:00pm-1:00pm

Description:

Dr. Todorov will review why we should eat more fruits, vegetables, whole grains, legumes, nuts and seeds. She will discuss foods that are associated with poor health outcomes that should be limited: ultra-processed food, sugar and sugar substitutes, processed meat and red meat. Cooking at home, batch cooking, prepping food ahead of time, and using herbs and spices are all part of Mediterranean lifestyle. She will review some examples on how combining different foods decrease the glycemic index after a meal.

Objectives:

1. Review the benefits and individual components of the Mediterranean diet
2. Discuss what to eat more of and what to eat less of
3. Review practical ways to transition from the Standard American Diet to a Mediterranean Style Eating Pattern

This activity has been approved for *AMA PRA Category 1 Credit™* | To watch live, please visit: clevelandclinic.org/employeeewellness and click on "Education" under the Programs tab. | **All Caregivers are welcome to attend this presentation**