



## A Taste of the Mediterranean Food Menu

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<b>Food Item</b>	<b>Benefits?</b>
<i>Tirokeftari (feta dip) and Smoked Eggplant dip with fresh pita</i>	<i>GI friendly cheese dip? Yes! Feta cheese is lactose free and a rich source of GI friendly protein. Tirokeftari also contains lycopene rich roasted red peppers. Round out your antioxidants with smoked eggplant, abundant in cholesterol lowering soluble fiber</i>
<i>Mixed Olives, Provolone Stuffed Peppers, Prosciutto</i>	<i>Olives – contain heart healthy fats, vitamin E and antioxidants, fiber and may improve heart health Black olives contain iron and fiber Provolone- 1 ounce contains 7 g protein and 200 mg calcium! Prosciutto – 1 oz is 7 g protein and only 1 g saturated fat. (heart association recommends keeping saturated fat less than 12 g per day) This is a lean protein source that is also delicious. NO guilt!</i>
<i>Big Eye Tuna Bruschetta (they can do a Tomato Tartare Bruschetta for vegetarians!)</i>	<i>Tuna- healthy omega-3 fats, protein, vitamin D and selenium Tomatoes – contains lycopene an antioxidant that is linked with reduced heart disease</i>
<i>Falafel &amp; Tabbouli</i>	<i>Falafel – chickpeas: great source of protein and soluble fiber (cholesterol lowering) also contain iron and folate Tabouli – bulger – whole grain soluble fiber (shown to help reduce cholesterol), has iron and calcium also has magnesium which has been shown to improve heart health</i>
<b>Wines (4 full bottles 750 ml)</b>	<b>Benefits?</b>
<p>1)Cava, Casteller, Brut, NV (Spain)</p> <p>2)Colli di Luni, Giacomelli "Pianacce", 2018, (Italy)</p> <p>3)Cirò Rosato, Librandi, 2019, (Italy)</p> <p>4)Côteaux Varois en Provence, Domaine de Triennes, 2015 (France)</p>	<i>Yay! Wine contains a polyphenols (antioxidants) that may improve heart health by reducing blood vessel damage and reduce risk of CAD</i>