

A Taste of Italy Menu Benefits

Prepared by:

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Food Item	Benefits
<p>Imported Burrata and Housemade Focaccia</p>	<ul style="list-style-type: none"> Burrata provides 15% of your daily calcium needs and 4% of your daily vitamin A needs! Focaccia provides complex carbohydrates that slowly give the body energy and help to better regulate blood sugar levels. Another advantage of focaccia is that it's made with extra-virgin olive oil, which is full of 'good' fats.
<p>Mediterranean Salad</p>	<ul style="list-style-type: none"> Dark leafy greens are a great sources of nutrition! Rich in vitamins A, C, E and K, as well as many of the B-vitamins. These vegetables also contain an abundance of carotenoids-antioxidants that protect cells and play a role in blocking early stages of cancer. Greens also contain high levels of fiber, iron, magnesium, potassium and calcium which are great for heart health. Tomatoes are high in fiber, and have many nutrients that are good for your overall health. Black olives contain antioxidants that impede oxidation of cholesterol, thereby helping to prevent heart disease. Feta is lower in calories and fat than most other cheese. Feta contains a high amount of B vitamins, phosphorus, calcium, folate, magnesium and phosphorus, which can benefit bone health and overall heart health. Cucumbers contain fiber, potassium and magnesium which can help to lower cholesterol and prevent cardiovascular disease. Remember to keep the peel on!
<p>Charred Pepperoni Pizza</p> <ul style="list-style-type: none"> Pizza Dough Semolina & All-Purpose Flour Campania Tomato Sauce Ezzo Pepperoni Mama Lil's Peppers Mozzarella 	<ul style="list-style-type: none"> Semolina & all-purpose flour are rich in nutrients like fiber, folate, and magnesium — all of which protect your heart and may reduce your risk of heart disease. Tomatoes are high in fiber, and have many nutrients that are good for your overall health, including: Vitamins A, B, C, and E as well as lycopene which can lower LDL and stroke risk. Pepperoni... good for the soul! Peppers have anti-inflammatory properties. Peppers can increase vascular blood flow and reduce LDL and total cholesterol levels. Mozzarella contains heart healthy vitamins and minerals. Mozzarella is lower in fat than most cheeses. Including dairy in your diet has been shown to lower CHD risk by up to 18%.

A Taste of Italy Menu Benefits Continued

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Food Item	Benefits
<p>Due Funghi Pizza</p> <ul style="list-style-type: none"> • <i>Hen of the Woods Roasted Mushrooms</i> • <i>Ricotta</i> • <i>Porcini Crema</i> • <i>Garlic oil</i> • <i>Mozzarella</i> 	<ul style="list-style-type: none"> • Mushrooms contain both soluble and insoluble fiber. Soluble fiber has been shown to help prevent and manage cardiovascular disease by lowering the levels of total and LDL cholesterol. • Ricotta cheese contains all of our essential amino acids through its main source of protein: whey protein. At 12g protein preserving, whey protein helps lower blood pressure and reduce high cholesterol levels. 2-3 servings of dairy per day has been shown to reduce CHD risk by up to 18%. • Garlic has been shown to help reduce blood pressure and can lower total and LDL cholesterol by about 10–15%. Olive oil contains heart healthy monounsaturated fats which has also been shown to prevent heart disease. • Mozzarella contains heart healthy vitamins and minerals like such as calcium, zinc, and vitamins A and B-12. Mozzarella is lower in fat than most cheeses.
<p>Tiramisu</p>	<ul style="list-style-type: none"> • Unsweetened cocoa and bittersweet chocolate contain heart healthy antioxidants called flavonoids which have been linked to reduced blood pressure and reduced risk of heart disease. • Coffee, in tiramisu, also contains powerful antioxidants that have been shown to reduce inflammation and cell damage, and reduce risk of death from heart disease. Coffee consumption has also been attributed to a lower risk of coronary heart disease in women.
Beverage	Benefits
<p>Chianti Classico, Castello di Bossi, '16</p> <p>Brunello di Montalcino, Armilla, 2015</p>	<ul style="list-style-type: none"> • Yay! Wine contains a polyphenols (antioxidants) that may improve heart health by reducing blood vessel damage and reduce risk of CAD.
<p>Spritz Kit from Veneto</p> <ul style="list-style-type: none"> • <i>Aperol</i> • <i>Giuliana Prosecco</i> • <i>Orange Wedge</i> • <i>Soda Water</i> 	<ul style="list-style-type: none"> • In moderation, Prosecco can improve the functioning of our blood vessels. Prosecco contains polyphenols that help lower your blood pressure and increase your circulation, which reduces your chances of having a stroke and gives your heart a health boost. • Oranges are a great source of vitamin C, as well as several other vitamins, minerals, and antioxidants. For this reason, they may lower your risk of heart disease and kidney stones. While not rich in iron, they may also protect against anemia by increasing your iron absorption. • Carbonated water may enhance digestion by improving swallowing ability and reducing constipation.