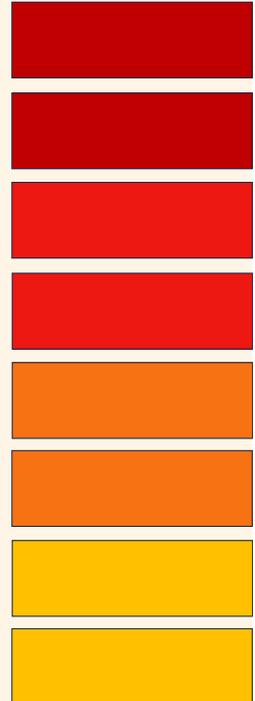


# Wellness Journey: Living Your Best Life

Is the Mediterranean Diet Worth the Hype?

Lisa Michelle Miller BS, NC  
Nutrition Consultant, certified  
Ocean View Nutrition – Nutrition Consulting  
Kitchen on Fire – Cooking School

Copyright © 2024 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.



## Wellness Journey: Living Your Best Life

Join us monthly as we continue our wellness journey to make positive changes to help Live Your Best Life! Let's kick it off reflect on traditions as we explore the fundamentals of the everlasting Mediterranean Diet.

- Is the Mediterranean Diet Worth the Hype?
- Throughout the year we will dive deeper into a variety of Heritage Diets from around the World.
- Today we will set goals for positive change and learn from Chef Olive how to make a traditional Mezze Platter.

*Why is this month so important?*

© 2024 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.

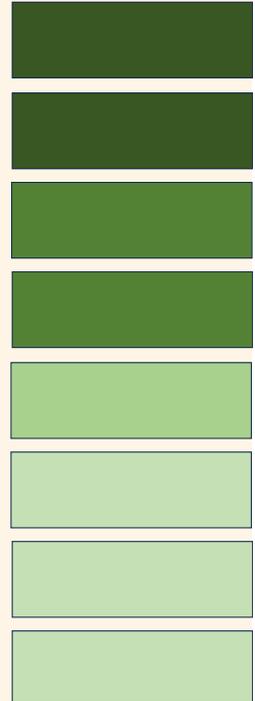


# It's Nutrition Month!

There is no better time to ...

- Prioritize your health in everyday life
- Make food choices like your life depends on it
- Be on board to make 2024 your best year yet

***Let's do this!***



## Kitchen on Fire & Ocean View Nutrition

We bring people together through cooking, nutrition and a sense of community.

Public cooking classes  
Corporate events  
Individual consulting  
Virtual & In-Person

- **BUY** seasonal, local, organic and GMO free when possible
- **COOK** using healthy cooking techniques
- **EAT** a variety of whole foods including herbs and spices
- **SHARE** and enjoy meals with friends and family
- **AWARENESS** of allergies and sensitivities



## Objectives for Today – Kicking off 2024!

1. Embracing the benefits of traditional foods
2. Exploring the roots of the Mediterranean diet
3. Build your personal wellbeing community
4. Unlock the healing power of nutrition
5. Set SMART goals to kick off a healthy year!



Chef Olive is starting off your year of exploring heritage diets with a Mediterranean appetizer... Hummus and more!

***BONUS:** Attendees will be entered into a raffle for a prize!*

© 2024 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.

## Embracing the benefits of traditional foods



### Modern

**Advantages:** Convenience, lots of options

**Disadvantages:** Processed ingredients, high in sugar and unhealthy fats



### Traditional

**Advantages:** Whole foods, nutrient-dense

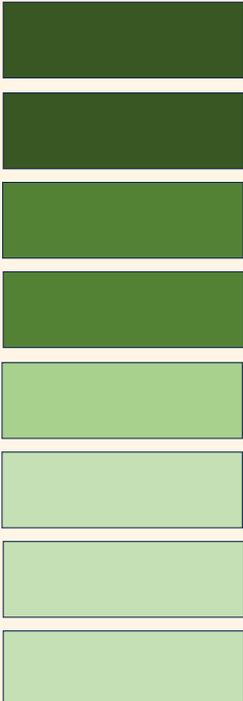
**Disadvantages:** Time-consuming, less variety

© 2024 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.

# Embracing the benefits of traditional foods

Nutrient-Dense	Cultural	Sustainability	Balanced Diet
Traditional foods are often high in essential nutrients like vitamins, minerals, and fiber that are necessary for the body's overall health and well-being.	Consuming traditional foods allows us to honor and preserve our cultural heritage, and they often play a key role in cultural rituals, celebrating our identities.	Traditional foods involve sustainable and environmentally friendly agricultural practices, such as the use of organic farming methods and seasonal harvesting.	Traditional diets contain a variety of foods, representing a balanced diet with an appropriate amount of each food group, which are essential for maintaining good health.

© 2024 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.



# Exploring the roots of the Mediterranean diet

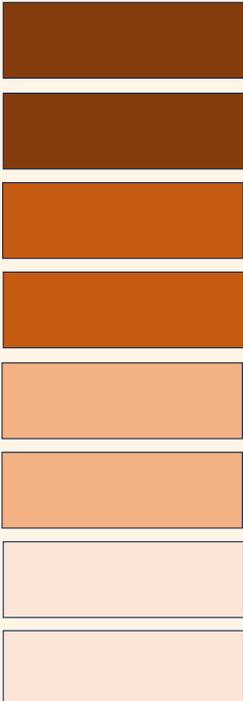
<b>Origin:</b> The Mediterranean diet has roots in Greece, Italy, and Spain from the 6th century BC.	<b>Characteristics:</b> It emphasizes high intake of plant-based foods, quality fish, poultry, and meats.	<b>Geography:</b> The region's climate and agricultural conditions shaped this diet.
---	--	---

**\* Health is the fourth key factor:**

The adoption of the Mediterranean Diet led to lower heart disease rates and increased lifespan among Mediterranean populations.

*What are the ingredients?*

© 2024 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.





Join the culinary adventure of a lifetime with Chef Olive!  
Pack your bags and let's go!

## Historical Mediterranean Menu Plan: Core Foods

Mediterranean meals feature foods grown all around the Mediterranean Sea and enjoyed along with lifestyle factors typical of this region.

Easily adaptable to today's kitchens and busy lives.

### Items to enjoy every day:

- Vegetables – Cooked or Raw; drizzled with olive oil
- Herbs & Spices – Used generously; contribute to the national identities of the various Mediterranean cuisines
- Nuts, beans, legumes and seeds – Protein & healthy fats
- Olives, olive oil, walnut oil - Healthy fats
- Whole grains – Minimally processed; Bread baked daily
- Fruit – Apples, grapes, dates, figs, melons, oranges, lemon

### Multiple times a week:

- Seafood – A variety of small and large fish and crustaceans



*What's missing? What about dairy and meat?*

## Historical Mediterranean Menu Plan: Moderation

Mediterranean meals change a bit from region to region, though the staples are focused on local, seasonal foods.

Shopping often and prepared fresh and consumed based on an individual's macronutrient needs.

### Moderate portions

- Dairy – cheese and yogurt are eaten regularly as a good source of protein and calcium
- Eggs – chicken, duck and quail
- Poultry – chicken, duck, guinea fowl
- Red meats – often used lean cuts of beef, goat, lamb, mutton, pork [fat trimmings were used separately for cooking]
- Sweets – small quantities; fruits are the common dessert

### Wine & Beer

- Regularly, but moderately [Quality is important]



© 2024 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.

## Build your personal wellbeing community:

### Overall Wellness:

Participate in or organize local wellness workshops for knowledge sharing & support.

### Get your body moving:

Link up with a friend and hold each other accountable to stick to your goals to get moving.

### Mindfulness:

Join meditation & mindfulness groups for mental well-being & community connection.

### Food as Medicine:

Engage with others to focus on healthy eating recipes, advice or share a produce order.



© 2024 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.

# Build your personal wellbeing community:

- Historically community was essential for health and sustainability of individuals and the family unit.
- Do not underestimate the long-term benefit of bringing others into your world.
- Community can be found in your neighborhood, schools , kid's activities, hobbies, as well as at work!



# Build your personal wellbeing community:

Building a personal wellbeing community is all about connecting with like-minded individuals who share your goals and values. By surrounding yourself with a supportive network, you can find the motivation, inspiration, and resources you need to enhance your overall wellbeing.

Together, you can explore different wellness practices, exchange ideas and experiences, and offer support and encouragement to one another. Building a personal wellbeing community not only provides a sense of belonging, but it also creates a space where you can learn, grow, and thrive together.

## Unlock the healing power of traditional diets:

### 1 Balanced Diet:

Incorporate a diverse range of nutrient-rich foods for optimal health.

### 2 Whole Foods:

Prioritize whole, unprocessed foods to maximize nutrient absorption.

### 3 Hydration:

Maintain regular hydration, essential for bodily functions, energy, sharpening your mind, and enhancing your daily life.

### 4 Mindful Eating:

Practice conscious eating habits to promote digestive health and wellness.

© 2024 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.

## Unlock the healing power of traditional diets:

We will make our way from one region to the next through the year getting to know more about traditional foods and how food really is the first line of defense for our health.

*Did we answer the question set out at the beginning?  
Is the Mediterranean Diet Worth the Hype?  
What do you think?*

This year let's learn from history to help us Live our Best Life in 2024!

© 2024 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.

## SMART Goals to Kick off a Healthy Year



Nutrition Month is the perfect time to take action!

- 2 goals to help you **Live Your Best Life!**
- 2 goals to establish the mindset of **Food as Medicine**

*What do you want to share?*

© 2024 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.

Specific  
Measurable  
take Action  
be Realistic  
Time-oriented

## About us

- Kitchen on Fire Cooking School
  - For the Home Chef in Berkeley & Oakland since 2005
  - Owned by Chef Olivier Said (founder) & Lisa Miller
  - Hands-on Cooking Classes, Events: In-Person and Virtual
  - Nutrition Education, Corporate Wellness, Individual Consulting
  - [lisa@kitchenonfire.com](mailto:lisa@kitchenonfire.com)
- Ocean View Nutrition – Consulting & Public Speaking
  - Owner & Nutrition Consultant, certified
  - Consultations, Classes & Presentations
  - [lisa@oceanviewnutrition.com](mailto:lisa@oceanviewnutrition.com)

Link to today's presentation, demo info and more  
<https://www.kitchenonfire.com/living-your-best-life>

© 2024 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.

