

2023



Activity/Session Title:

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**Mediterranean Diet for People with Diabetes
and Incorporating Transitional Levels of
IDDSI w/cooking demo**

Date: April 15, 2023

Disclosures to Participants

Notice of Requirements for Successful Completion:

Learners must participate in the full activity and complete the evaluation in order to claim continuing education credit/hours.

Presenter has No - Conflicts of Interest/Financial Relationships Disclosures:

Amanda Kuck RD, LD, CEC

Disclosure of Relevant Financial Relationships and Mechanism to Identify and Mitigate Conflicts of Interest: No conflicts of interest.

Non-Endorsement of Products: Accredited status does not imply endorsement by ADCES or Joint Accreditation of any commercial products displayed in conjunction with this educational activity.

Off-label Use: None

Objectives:

- a) Participants will be able to recognize the benefits of the Mediterranean diet and improvement of glucose, cholesterol, and or blood pressure levels for people with diabetes.**
- b) Participants will be able to apply cooking and food preparations techniques to include more Mediterranean styles of food into an IDDSI level for dysphagia.**

Hummus



Ingredients

- 1½ cups [cooked chickpeas](#), drained and rinsed
- ⅓ cup [smooth tahini*](#)
- 2 tablespoons [extra-virgin olive oil](#)
- 2 tablespoons fresh lemon juice, more to taste
- 1 garlic clove
- ½ teaspoon [sea salt](#)
- 5 tablespoons water, or as needed to blend
- [paprika](#), [red pepper flakes](#), or parsley, for garnish
- [warm pita bread](#), and/or veggies, for serving

Instructions

1. In a [high-speed blender](#), place the chickpeas, tahini, olive oil, lemon juice, garlic, and salt. Use the blender baton to blend until very smooth, adding water as needed to blend, and/or to reach your desired consistency.

2. Transfer to a serving plate, top with desired garnishes and serve with warm pita and veggies, as desired

Tzatziki



Ingredients

- ½ cup finely grated cucumber
- 1 cup [thick whole milk Greek yogurt](#)
- 1 tablespoon lemon juice
- ½ tablespoon [extra-virgin olive oil](#)
- 1 garlic clove, grated
- ¼ teaspoon [sea salt](#)
- 1 tablespoon chopped dill
- 1 tablespoon chopped mint, optional

Instructions

1. Place the cucumber on [a towel](#) and gently squeeze out a bit of the excess water.
2. In a medium bowl, combine the cucumber, yogurt, lemon juice, olive oil, garlic, salt, dill, and mint, if using. Chill until ready to use.



Potential Health Benefits of the Mediterranean Diet

The Mediterranean diet is famous for its touted health benefits, which may be attributed to its high produce content.

Indeed, people typically eat three to nine servings of vegetables and up to two servings of fruit a day on a Mediterranean diet.

These fresh, whole foods pack an array of disease-fighting antioxidants, and people who fill their diet with these foods have a lower risk of disease. Yet scientists don't know if it's the antioxidants or other compounds (or general healthy eating patterns) that are responsible for these advantages. Here's a snapshot of some possible Mediterranean diet health benefits.

A Healthier Heart

This eating approach may be most famous for its benefit to heart health, decreasing the risk of heart disease by, in part, lowering levels of cholesterol

and reducing mortality from cardiovascular conditions.

A Reduced Risk for Certain Cancers

Similarly, the Mediterranean diet has been linked with a lower likelihood of certain cancers, such as breast cancer, colon cancer, prostate cancer, and some head and neck cancers.

A Sunnier Mood and a Lower Risk of Depression

If eating in the Mediterranean style prompts you to consume more fruit and vegetables, you'll not only feel better physically, but your mental health will get a lift, too. Research shows that people who eat more raw fruit and veggies (particularly dark leafy greens like spinach, fresh berries, and cucumber) have fewer symptoms of depression, a better mood, and more life satisfaction.

A Lower Risk of Neurodegenerative Diseases

Research has found that a Mediterranean-style diet is associated with better measures of general cognitive function.

Over time, the eating pattern may slow cognitive decline and lower the risk of Alzheimer's disease and other forms of dementia.

A Reduced Type 2 Diabetes Risk and Better Diabetes Management

Emerging evidence suggests that eating this way offers protective effects for those who have or are at risk for type 2 diabetes.

For one thing, Mediterranean eating improves blood sugar control in those who already have diabetes, suggesting it can be a good way to manage the disease, according to a review of research.

What's more, given that those with diabetes are at increased odds for cardiovascular disease, adopting this diet can help improve their heart health, according to research.

Fewer Osteoarthritis Complications

Thanks to its anti-inflammatory effects, the Mediterranean diet may also lower the risk of bone fractures, weight gain (which can put added pressure on the joints), and disability.

