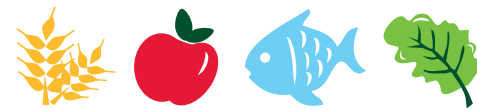


Week One:

Introduction to  
Culinary  
Medicine & the  
Mediterranean  
Diet



The Goldring Center  
for Culinary Medicine

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TULANE UNIVERSITY

# In week one of this cooking class series, we will:



Review the principles of the Mediterranean Diet



Help you learn how to make small changes to your eating habits that add up to big impact over time



Show you how to improve your “kitchen confidence” by teaching you basic culinary skills and techniques



# What is Culinary Medicine?

The art of food and cooking blended with the science of medicine and nutrition to provide evidence-based approaches to patient care

Emphasis on educating through a FOOD-FIRST approach, with a focus on including simple, high-quality ingredients

Multi-disciplinary approach – chefs, dietitians, medical students, etc.



**The  
Mediterranean  
Diet is about  
ingredients!**





# The Mediterranean Diet is all about ingredients!

- **Vegetables**
- **Legumes**
- **Fruits & Nuts**
- **Whole Grains**
- **Fish & Seafood**
- **Oils & Fats: plant-based**
- **Dairy: < 8 oz./day**
- **Meats: 3-4 oz./day**

A 2-point improvement to a higher score of 7, 8, or 9, can result in a 25% decrease in death from all causes including heart disease and cancer  
(Trichopoulos NEJM 2003; 348:2599-2608)





# Nutrition Take-Aways

- Even if you choose another eating pattern, knowledge of the Mediterranean Diet should help you in making healthy food choices
- There is no "BAD" food – moderation, balance and variety are key
- Nutritious food can be affordable:
  - No shame in shortcuts – pre-cut produce, frozen fruits & vegetables
  - Canned beans, tomato products and pantry staples like brown rice and whole wheat pasta are inexpensive
- We eat with all our senses - think about adding variety in colors, textures & flavors to your plate



# Tips for Shopping & Meal Planning

- You'll likely be eating 21 meals plus snacks throughout the week – you need a game plan!
- Before you head to the store, take an inventory of your fridge, freezer, and pantry to make your shopping list – try to use items you have on hand to start building your meal plan
- Cross utilize perishable items whenever possible to minimize waste and save money
- Having a well stocked pantry and freezer will allow you to focus weekly shopping trips on the store's perimeter to save time – produce, meat, and dairy



# How to Read a Recipe

- Step 1: Check the Prep Time/Total Time
- Step 2: Read through the Ingredients List
  - Some ingredients will have preparation needed before moving on the directions
  - Ingredients are listed in the order they will be used in the recipe
- Step 3: Read through the directions
- Step 4: Gather ingredients & equipment
- Step 5: Get Cooking!

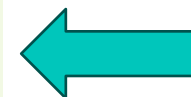
## Tacos with Beef and Vegetables (Taco 2)

*These tacos add more vegetables to a traditional American ground beef taco, resulting in a nutrition boost. Customize with your favorite taco toppings!*

YIELD	PREP TIME	TOTAL TIME
6 SERVINGS	15 MIN	30 MIN

### INGREDIENTS

1 Tbsp	Olive Oil
1 each	Onion, small dice
½ each	Bell Pepper, small dice
8 oz.	Mushrooms, minced
	(about 2 ½ cups whole)
8 oz. (½ lb.)	Ground Beef, 90/10
1 tsp	Worcestershire Sauce
½ cup	Water
4 Tbsp	Salt-Free Taco Seasoning
	(see separate recipe)
¼ tsp	Kosher Salt
12 each	Corn Tortillas
⅓ cup (1.5 oz.)	Cheddar Cheese, low-fat, shredded
1 ½ cups	Romaine Lettuce, shredded
	(about ¼ head)



# Today's Menu



## **Groups 1 & 5**

Traditional American Beef Tacos  
Salad with Red Wine Vinaigrette

## **Groups 2 & 6**

Tacos with Beef & Vegetables

## **Groups 3 & 7**

Tacos with Beef & Beans

## **Groups 4 & 8**

Tacos with Black Beans



# Nutrition and Culinary Considerations

GCCM targets (per meal)	
<b>Calories</b>	< 500 kcal
<b>Saturated Fat</b>	< 5 g
<b>Sodium</b>	< 550 mg
<b>Fiber</b>	5-10 g

## **Cooking Techniques:**

- Increasing vegetables
- Incorporating legumes and whole grains
- Reducing meat portions
- Using flavor building methods & ingredients to make tasty food that is low in calories, fat, and sodium

**Let's take a look at the results on visual appeal, texture and overall taste of the dishes we made!**

# Salad with Red Wine Vinaigrette



## Nutrition Facts

8 servings per container

**Serving size**

**1 cup salad with 1 Tbsp dressing (86g)**

**Amount Per Serving**

**Calories** **90**

**% Daily Value\***

**Total Fat** 7g **9%**

Saturated Fat 1.5g **8%**

*Trans* Fat 0g

**Cholesterol** <5mg **1%**

**Sodium** 160mg **7%**

**Total Carbohydrate** 5g **2%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes <1g Added Sugars **1%**

**Protein** 4g **8%**

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 1.5mg 8%

Potassium 30mg 0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK



# Group 1 & 5: Traditional American Beef Tacos



## Nutrition Facts

4 servings per container

**Serving size** 2 tacos (268g)

**Amount Per Serving**

**Calories** **540**

% Daily Value\*

**Total Fat** 25g **32%**

Saturated Fat 9g **45%**

Trans Fat 0.5g

**Cholesterol** 90mg **30%**

**Sodium** 1140mg **50%**

**Total Carbohydrate** 43g **16%**

Dietary Fiber 0g **0%**

Total Sugars 3g

Includes 2g Added Sugars **4%**

**Protein** 32g **64%**

Vitamin D 0.2mcg 0%

Calcium 260mg 20%

Iron 5.9mg 35%

Potassium 480mg 10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, WHEAT

# Groups 2 & 6: Tacos with Beef & Vegetables



## Nutrition Facts

4 servings per container

**Serving size** 2 tacos (291g)

**Amount Per Serving**

**Calories** 320

% Daily Value\*

**Total Fat** 14g 18%

Saturated Fat 4.5g 23%

Trans Fat 0g

**Cholesterol** 45mg 15%

**Sodium** 310mg 13%

**Total Carbohydrate** 30g 11%

Dietary Fiber 4g 14%

Total Sugars 6g

Includes 0g Added Sugars 0%

**Protein** 18g 36%

Vitamin D 0.2mcg 2%

Calcium 140mg 10%

Iron 2.7mg 15%

Potassium 660mg 15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, ANCHOVIES



# Making Your Own Salt-Free Seasonings

## GCCM's Salt-Free Taco Seasoning:

3 Tbsp Chili Powder  
 3 Tbsp Onion Powder  
 1 Tbsp Cumin  
 1 Tbsp Coriander  
 1 Tbsp Garlic Powder  
 1 Tbsp Paprika, smoked  
 or regular  
 1 ½ tsp Black Pepper  
 ¾ tsp Cayenne (optional)

Yield: ¾ cup

Nutrition Facts	
12 servings per container	
<b>Serving size</b>	<b>1 Tbsp (6g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>15</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber <1g	<b>3%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.7mg	4%
Potassium 80mg	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Old El Paso Taco Seasoning



### INGREDIENTS

Chili Pepper, Maltodextrin, Salt, Onion Powder, Spice, Corn Starch, Sea Salt (Potassium Magnesium Chloride, Salt). Contains 2% Or Less Of: Vegetable Oil (Canola, High Oleic Soybean and/or Sunflower Oil), Corn Flour, Silicon Dioxide (Anticaking Agent), Citric Acid, Sugar, Natural Flavor.

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>1 Tbsp (8g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>25</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 420mg	<b>18%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.6mg	4%
Potassium 0mg	0%

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# Groups 3 & 7: Tacos with Beef & Beans



## Nutrition Facts

8 servings per container

**Serving size** 2 tacos (243g)

**Amount Per Serving**

**Calories** 270

% Daily Value\*

**Total Fat** 8g 10%

Saturated Fat 2.5g 13%

Trans Fat 0g

**Cholesterol** 25mg 8%

**Sodium** 180mg 8%

**Total Carbohydrate** 36g 13%

Dietary Fiber 7g 25%

Total Sugars 5g

Includes 0g Added Sugars 0%

**Protein** 13g 26%

Vitamin D 0.1mcg 0%

Calcium 100mg 8%

Iron 2.3mg 15%

Potassium 600mg 15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, ANCHOVIES



# Group 4: Tacos with Black Beans



## Nutrition Facts

6 servings per container

**Serving size** 2 tacos (289g)

**Amount Per Serving**

**Calories** 260

% Daily Value\*

**Total Fat** 6g 8%

Saturated Fat 1.5g 8%

*Trans* Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 200mg 9%

**Total Carbohydrate** 42g 15%

Dietary Fiber 9g 32%

Total Sugars 6g

Includes 0g Added Sugars 0%

**Protein** 10g 20%

Vitamin D 0.1mcg 0%

Calcium 120mg 10%

Iron 2.2mg 10%

Potassium 710mg 15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK

# Nutrition & Price Comparison

## Taco 1 (Traditional) \$3.10/serving

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>2 tacos (268g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>540</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 25g	<b>32%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0.5g	
<b>Cholesterol</b> 90mg	<b>30%</b>
<b>Sodium</b> 1140mg	<b>50%</b>
<b>Total Carbohydrate</b> 43g	<b>16%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 3g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 32g	<b>64%</b>
Vitamin D 0.2mcg	0%
Calcium 260mg	20%
Iron 5.9mg	35%
Potassium 480mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, WHEAT

## Taco 2 (Beef & Veggies) \$3.10/serving

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>2 tacos (291g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>320</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 18g	<b>36%</b>
Vitamin D 0.2mcg	2%
Calcium 140mg	10%
Iron 2.7mg	15%
Potassium 660mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, ANCHOVIES

## Taco 3 (Beef & Beans) \$1.94/serving

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2 tacos (243g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>270</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 13g	<b>26%</b>
Vitamin D 0.1mcg	0%
Calcium 100mg	8%
Iron 2.3mg	15%
Potassium 600mg	15%

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CONTAINS: MILK, ANCHOVIES

## Taco 4 (Beans) \$1.92/serving

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>2 tacos (289g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>260</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 42g	<b>15%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	<b>20%</b>
Vitamin D 0.1mcg	0%
Calcium 120mg	10%
Iron 2.2mg	10%
Potassium 710mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK



**Thank you for joining us and we  
look forward to seeing you next  
week for our Week 2 lesson on  
Breakfast & Nutrition Labels!**

For More Recipes and Resources, visit: <https://goldringcenter.tulane.edu/>