

## MEDITERRANEAN LIFE-STYLE:

“*Family values*”. That’s putting it mildly! The extended family is both the center and the circle. And within that center is the *mealtime*. Rarely missed, always celebrated, daily by the nuclear family and often weekly by the extended family. “*La famiglia*” is the mortar that binds the members to each other and to their chosen society.

Add to that a personal *pride in physical work* (or exercise in today’s urban lifestyle).

Add to that a basic philosophy: “*Si Arrangarsi*”: no matter what the trials or tribulations, “*we’ll work it out.*”

*Then there is Olive Oil.* The one constant in all Mediterranean cooking, it also seems to be the lubricant for interpersonal relationships... and for other things. “*Tutto brilla con olio: visi, frutta, e mobili.*” (“Everything shines with oil: faces, fruits and furniture.”)

And then there is the saying essential to all who would take these ideas to heart: “*Chi vuo una passione per la cucina.*” (“*What is needed is a passion for the kitchen.*”) So, onward, with passion!

## A little more about us.

This is a family enterprise. The Spreace and Dechiaro families have managed to produce and unite in marriages with four health care professionals, two specialists in cuisine, a three-member business group, two teachers, a four-member design and marketing group, an engineer and a web master.

Our mission is to popularize, simplify, and market the only diet and life-style program that has worked through the ages. We will not re-invent the wheel, but we will use all existing resources, including other interested persons who can contribute to the project, for the benefit of those who elect to follow our lead, occasionally providing something new.

WE PRODUCE THIS BROCHURE FOR THE PUBLIC AND FOR PROFESSIONALS ALIKE, WITH AMPLE REFERENCES TO SUPPORT OUR RECOMMENDATIONS.

Our professional complement includes:

**George Spreace, M.D., J.D., FACP,**

Associate Clinical Professor of Medicine,  
Yale University School of Medicine.

**Alan Dechiaro, M.D.,**

Clinical Assistant Professor of Medicine,  
Columbia and NYU Colleges of Medicine.

**Jeanne Dechiaro, Ph.D.,**

Epidemiology, Stanford University.



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## INTRODUCING:

**MEDITERRANEAN DIET ENTERPRISES, INC.**

(VOL. 1, #1)



### Mission:

To popularize and simplify the only diet and life-style that has worked over generations

### Methods:

Medical Facts... Fiction  
The Mediterranean Life-Style;  
The Mediterranean Mind-Set;  
The Mediterranean Diet Pyramid - good for all;  
Mediterranean cuisine: recipes, shopping hints...  
The central role of Exercise, in the fields or in the cubicle;  
Related products;  
Using and referring to all existing sources of information, old and new.

### Commerical and Educational Outlets:

Print media (booklets, cards, pamphlets, hand-outs...);  
The Internet (see our web site);  
Newspaper, Broadcast, Television media;  
Stores, professional offices...

### Our Personal Resources:

Physicians - Healing Arts, Epidemiologist, Culinary Arts, Food Service Management, Business and Law Professions, Journalism and Entertainment Fields, Engineering, Teaching Profession.

**JOIN US REGULARLY FOR GUIDES TO A LIFE-STYLE UPON WHICH TO BUILD A LIFE.**



## MEDICAL FACTS... AND FICTION

### FACTS:

- "The high levels of overweight among children and obesity among adults remain a major public health concern". (1)
- "In this study, adolescents overconsumed fast food regardless of body weight ... (they) were less likely to compensate for the energy in fast food..." (2)
- "By hardwiring us to eat for social, biological and psychological reasons, nature stacks the deck against weight loss". (3)
- "Diet of Low-Fat, Low-Calorie Foods May Trick the Body Into Eating More". (4)
- "Rather than hear experts argue, most people want practical information they can use". (5)
- "The average weight of Americans will continue to climb for the next decade before the obesity epidemic levels off, the nation's top registered dietitians predict". (6)
- "Low carb: So Over It. Food firms trim plans as trend slows". (7)
- "Why Are We So Fat? Americans enjoy one of the most luxurious lifestyles on Earth ... And it's killing us". (8)
- "There are significant genetic/constitutional susceptibility aspects to obesity that are heavily influenced by environmental factors". (9)
- "Why Diets Should Be History. Cro-Magnon lesson: we're fat because we're starving". (10)
- Diets that are higher in monounsaturated fatty acids, fiber and low glycemic index foods appear to have advantages in insulin resistance, glycemic control and blood lipids in a number of studies. The division of nutrients into total fat (regardless of fatty acids) versus carbohydrate (type and quantity not specified) appears to be less helpful in predicting outcomes". (11)
- "What You Don't Know About Fat". (12)

### REFERENCES:

- (1) By Hedley et al, JAMA, June 16,2004, p2847.
- (2) By Ebbeling et al, ibid, p2828
- (3) *Overcoming Obesity in America*, Time, June 7, 2004
- (4) WSJ, Health Journal, July 2004
- (5) By Dean Ornish, M.D., Thne, June 21,2004, p62.
- (6) By Nancy Hellinich, USA Today, June 19,2004, p1D.
- (7) By Janet Adamy, In The Day, July 13,2004, pB6.
- (8) *The Heavy Cost of Fat*, Nat'l Geographic, Aug. 2004.
- (9) Obesity, in Cecil's Textbook of Medicine, p1339.
- (10) By David Zincenko, USA Today, Aug. 3, 2004, p11A.
- (11) By Tony Hung et al, Current opinion in Clinical Nutrition and Metabolic Care, 2003, 6: 165-176.
- (12) *When Fat Attacks*, Newsweek, Aug 23,2004, p40.

### HIGHLIGHTING

#### THE MEDITERRANEAN DIET

One excellent reference is:

*"The Mediterranean Diet"*,

Marissas Cloutier, Ms, Rd, and

Eve Adamson, avon Books, 2001, 04

ISBN: 0-06-057878-5

### HIGHLIGHTING

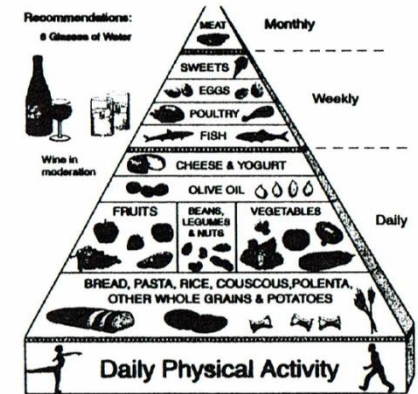
#### THE MEDITERRANEAN LIFE-STYLE

Read: *The Italians*, by Luigi Barzini,

Atheneum, 1964. ISBN: 0-689-70540-9

## "THE TRADITIONAL HEALTHY MEDITERRANEAN DIET PYRAMID"

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Cambridge, Mass., <http://oldwayspt.org>



Here's a simple, delicious recipe to start you off.

### Escarole and Beans:

Ingredients:

- 1 15 oz. can Red Kidney Beans
- 1 large head of Escarole
- 1 8 oz. can tomato sauce
- 2 small cloves garlic - sliced
- 3 Tbsp. olive oil

Cook cleaned, cut escarole in lightly salted water until tender. Drain (can be done a day ahead.) Puree beans and tomato sauce together in a blender. Lightly heat oil and garlic, add beans and stir. Add escarole and cook stirring often until thickened. Serve with crusty bread or over rice.