

# Healthy living starts with a healthy diet.



1. Eat smaller portions. Learn what typical serving size is for different foods and how many servings you need in a meal.
2. Eat less fat. Choose fewer high-fat foods and use less fat for cooking. You especially want to limit foods that are high in saturated fats or trans fat, such as:
  - Fatty cuts of meat
  - Whole milk and dairy products made from whole milk
  - Cakes, candy, cookies, crackers, and pies
  - Fried foods
  - Creamy salad dressings
  - Lard, shortening, stick margarine, and nondairy creamers
3. Eat more fiber by eating more whole-grain foods. Whole grains can be found in:
  - Breakfast cereals made with 100% whole grains
  - Oatmeal
  - Whole grain rice
  - Whole-wheat bread, bagels, pita bread, and tortillas
4. Eat a variety of fruits and vegetables every day. Choose fresh, frozen, canned or dried fruits and 100% fruit juices. Eat plenty of veggies like these:
  - Dark green veggies (e.g., broccoli, spinach, brussel sprouts)
  - Orange veggies (e.g., carrots, sweet potatoes, pumpkin, winter squash)
  - Beans and peas (e.g., black beans, garbanzo beans, kidney beans, pinto beans, split peas, lentils)
5. Eat fewer foods that are high in sugar, such as:
  - Fruit-flavored drinks
  - Sodas and energy drinks
  - Tea or coffee sweetened with sugar
6. Use less salt in cooking and at the table. Eat fewer foods that are high in salt, such as:
  - Canned and package soups
  - Canned vegetables
  - Pickles
  - Processed meat
7. Never skip meals. Stick to a healthy meal plan as best you can.
8. Limit the amount of alcohol you drink.
9. Make changes slowly. It takes time to achieve lasting goals.
10. Use Gourmet Garden herbs and spices to add flavor without fat, sugar or calories.



For more information and for free recipes find us on [Facebook.com/FreshMadeEasy](https://www.facebook.com/FreshMadeEasy) or visit [www.GourmetGarden.com](http://www.GourmetGarden.com).

## Where can you learn how to read food labels?

Visit these Web sites to learn more about reading food labels:

- **American Diabetes Association** ([www.diabetes.org/nutrition-andrecipes/nutrition/foodlabel.jsp](http://www.diabetes.org/nutrition-andrecipes/nutrition/foodlabel.jsp)).
- **U.S. Food and Drug Administration** ([www.cfsan.fda.gov/~dms/foodlab.html](http://www.cfsan.fda.gov/~dms/foodlab.html)).
- **U.S. Department of Agriculture** ([www.fns.usda.gov/tn/Resources/Nibbles/healthful\\_labels.pdf](http://www.fns.usda.gov/tn/Resources/Nibbles/healthful_labels.pdf)).

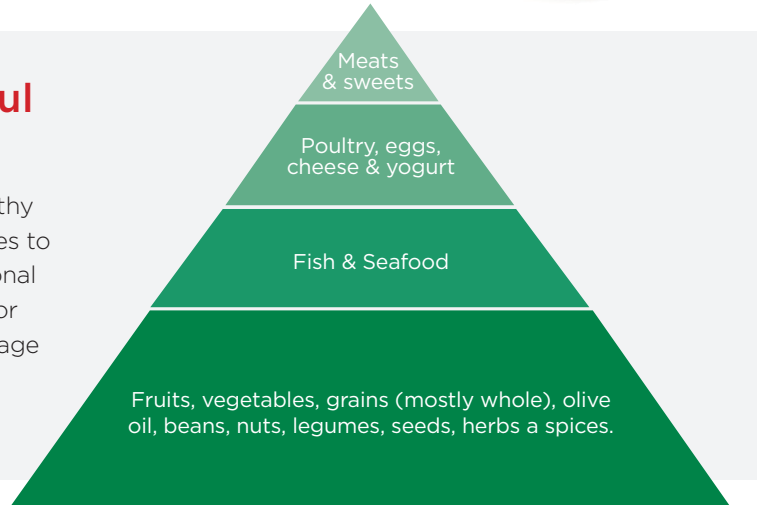
The words “herb” and “spice” are often used interchangeably, but they are botanically very different. Herbs are generally thought of as from leaf, while spices are any other part of the plant, like buds (e.g., cloves), bark (e.g., cinnamon), roots (e.g. ginger), berries (e.g., peppercorns) and aromatic seeds (e.g., cumin).



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## Herbs and spices are a flavourful part of the Mediterranean diet

The Mediterranean diet incorporates the basics of healthy eating—plus a dash of anti-oxidant rich herbs and spices to flavor your meals. Research has shown that the traditional Mediterranean diet reduces the risk of heart disease. For this reason, most major scientific organizations encourage healthy adults to adapt the Mediterranean diet for prevention of major chronic diseases.



■ Base every meal on these foods    
 ■ Often, at least two times a week    
 ■ Moderate portions, daily to weekly    
 ▲ Less often

## Key components of the Mediterranean diet

### The Mediterranean diet emphasizes:

- Getting plenty of exercise
- Eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts
- Replacing butter with healthy fats such as Olive oil and Canola oil
- Using herbs and spices instead of salt to flavor foods as they make food tasty and are also rich in health promoting substances.
- Limiting red meat to no more than a few times a month
- Eating fish and poultry at least twice a week
- Drinking red wine in moderation (optional)

This diet also recognizes the importance of enjoying meals with family and friends.

## Fast Facts about herbs & spices

- They are among the richest sources of antioxidants, and on a weight basis, are higher than many fruits and vegetables
- Helps reduce excess fats and sugars in diets by adding flavor without the unwanted calories
- Ancient healers have used herbs and spices since 5000 BC. Even Hippocrates, had over 300 herb and spice remedies for various conditions
- In Ayurvedic medicine, ginger is considered a universal therapeutic
- Fresh herbs are best when added toward the end of cooking; parsley can be added anytime
- Garlic is best when it is chopped or mashed; it will burn and turn bitter if over heated
- Use Gourmet Garden herbs as you would fresh herbs.



Gourmet Garden herbs and spices are picked fresh, washed, chopped and sealed in unique squeezable tubes. Gourmet Garden herbs are not cooked or dried and therefore retain their fresh flavor, texture, color and nutritional value, including powerful antioxidants. Refrigeration extends the shelf life for up to 3 months. They contain no artificial colors or flavors and are gluten free (except Italian Herbs). The antioxidant capacity of Gourmet Garden herbs and spices are generally as good as fresh herbs.<sup>1</sup>

Leach D, Hunter D. Unpublished data on Australian Herbs & Spices analyzed by the Centre of Phytochemistry & Pharmacology, Southern Cross University, Lismore, August 2006.