

THE MEDITERRANEAN LIFESTYLE

Benefits of Eating the Mediterranean Way and Living a Longer, Healthier Life!

In 2022, it is still the #1 Ranked Diet in the USA, as recommended by US News and World Report

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HEART DISEASE

- In USD, over 610,000 people with heart disease and 1 in 4 people die each year due to heart disease
- Diabetes is a major risk factor for heart disease
- Most deaths could be prevented by making lifestyle changes such as eating a healthy diet...

CDC, NCHS: 2015

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THE MEDITERRANEAN LIFESTYLE

Mediterranean Diet - based on the eating habits of countries bordering the Mediterranean Sea:

- Italy, Greece, Spain, Southern France, N. Africa and the Middle East

More than 50 years ago, American scientists discovered the cooking fat used in Italy and Greece was healthful and possibly reduced the prevalence of cardiovascular disease and cancer.

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THE MEDITERRANEAN LIFESTYLE

A Mediterranean style eating pattern may help lower your risk of certain diseases

For your Heart & Body

- Heart Disease and lower risk of CVA
- Lower total cholesterol levels and improve HDL levels
- Prevent Type 2 diabetes
- Some Cancers
- Combat low energy by boosting energy levels

For your Brain:

- Prevent stroke
- Decrease the risk of Alzheimer's disease and dementia
- Decrease the prevalence of depression
- Parkinson's Disease

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THE MEDITERRANEAN LIFESTYLE

A traditional Mediterranean diet consisting of large quantities of fresh fruits and vegetables, nuts, fish and olive oil—coupled with physical activity—reduces the risk of heart disease, certain cancers, diabetes, Parkinson's and Alzheimer's diseases.

- **Preventing heart disease and strokes.** Refined breads, processed foods, and red meat are discouraged in a Mediterranean diet, and it encourages drinking red wine instead of hard liquor, which have all been linked to heart disease and stroke prevention.
- **Protecting against type 2 diabetes.** A Mediterranean diet is rich in fiber, slowing down digestion and preventing huge swings in blood sugar.
- **Keeping you agile.** The nutrients gained with a Mediterranean diet may reduce a senior's risk of developing muscle weakness and other signs of frailty by about 70 percent.
- **Reducing risk of Alzheimer's.** Researchers speculate that the Mediterranean diet may improve cholesterol and blood sugar levels and overall blood vessel health—all factors that may reduce the risk of Alzheimer's disease or dementia.
- **Halving the risk of Parkinson's disease.** In a diet containing high levels of antioxidants that prevent cells from undergoing a damaging process called oxidative stress, the risk of Parkinson's disease is practically cut in half.
- **Increased longevity.** When there is a reduction in developing heart disease or cancer, as in the case when you follow a Mediterranean diet, there is a 20% reduced risk of death at any age

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THE MEDITERRANEAN LIFESTYLE

Slow the aging process and promote longevity

- First recognized in the 1950's – Dr. Ancel Keys, an American physiologist – believed heart disease was not a necessary part of the aging process
- Dr. Keys laid the foundation for this way of eating to evolve – today we refer to the Mediterranean diet or lifestyle
- Dr. Keys lived to the age of 100 and was active in field into his 90's

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CLINICAL STUDIES:

- PREDIMED Study
- Lyon Diet Study
- Northwestern University, Feinberg School of Medicine, Chicago
- The Hale Project
- Stanford School of Medicine, California
- Emory University Study
- Second University of Naples
- Federico II University
- Maris Study / Wagening University
- University of Michigan
- Walter Reed Medical Center
- The Seven Countries Study

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PREDIMED STUDY

People: 7447 adults (Age 55-80 yrs) at risk of heart disease, but with no Cardiovascular disease at enrollment

Groups:

- Med diet and olive oil (4 Tablespoons daily)
- Med diet and nuts (Ounce each of walnuts, hazelnuts, & almonds)
- Low fat diet

Outcome:

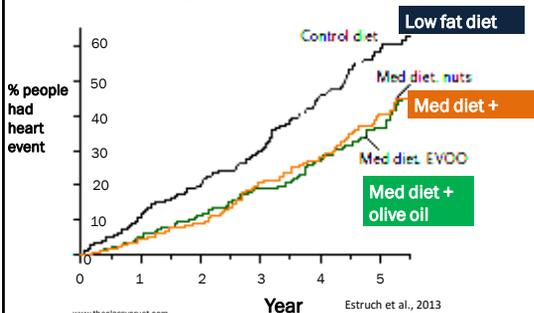
Heart related death, heart attack, stroke or diabetes

Duration: 5 years

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PREDIMED STUDY

Heart events over 5 years



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Estruch et al., 2013

PREDIMED RESULTS

Mediterranean Diet:

- 30% reduction in risk of heart disease
- 52% reduction in risk of diabetes

Medication comparison:

- 27% reduction in risk of heart disease with statin treatment
- 30% reduction in risk of diabetes with metformin treatment

(Taylor et al, 2013; Knowler et al, 2002)

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Med Diet Cuts Heart Disease Risk by Nearly Half

More recently, Researchers have given us yet another reason to fill our plates with fruits, vegetables, whole grains, legumes, olive oil, and nuts!

A European study followed more than 2,500 Greek adults for over a decade, tracking their medical records, lifestyle habits, and eating patterns. **Those who most closely followed the Mediterranean Diet were 47% less likely to get heart disease, regardless of their smoking habits, age, family history, or other lifestyle factors.**

In fact, the researchers found that the Mediterranean Diet was even more protective against heart disease than physical activity!

[Presentation at the American College of Cardiology's 64th Annual Scientific Session](#). San Diego CA. March 15, 2015.

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JACC 2022 OLIVE OIL STUDY RESULTS

This is the first long-term study, including >90,000 participants, 60,582 women & 31,801 men followed for up to 30 years, conducted in the American population on olive oil and mortality. Previous studies were conducted in Mediterranean and European populations where the consumption of olive oil tends to be higher. (2 - 4Tbsp)

Men and women who replaced just over 2 teaspoons (10 grams, <1 Tbsp) of margarine, butter, mayonnaise or dairy fat with the same amount of olive oil had up to a 34% lower overall risk of dying than people who ate little to no olive oil.

People who reported eating the highest levels of olive oil had:

- 19% lower risk of dying from heart conditions,
- 17% lower risk of dying from cancer,
- 29% lower risk of dying from neurodegenerative disease,
- 18% lower risk of dying from respiratory disease mortality compared with those who never or rarely consumed

The connection between olive oil and fewer deaths from brain disease was "novel," Author wrote. "Considering the lack of preventive strategies for Alzheimer's disease and the high morbidity and mortality related to this disease, this finding, if confirmed, is of great public health importance." olive oil in place of saturated fats.

"Olive oil is part of the classic heart-healthy Mediterranean diet," Author noted. This style of eating includes lots of fruits and vegetables, whole grains, nuts, seeds and lean protein, and is low in processed foods. "It's never about one food, it's really about dietary patterns."

The findings are published in the Jan. 11, 2022 issue of the

[Journal of the American College of Cardiology](#)

[Harvard School of Public Health.](#)

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SUMMARY

Heart disease remains a major cause of death

Good evidence that following a Mediterranean diet can reduce risk of heart disease and diabetes

Further research needed on how to support people to change their diet

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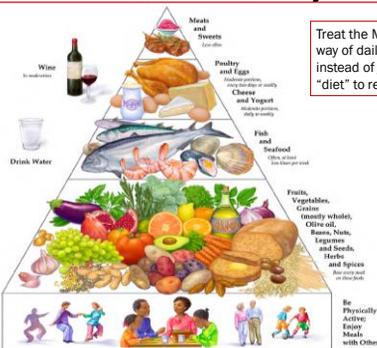
THE MEDITERRANEAN DIET

- High in fruits, vegetables, wholegrain bread, rice, pasta, potatoes, beans, nuts, and seeds
- Olive oil as an important fat source and dairy products, fish, and poultry (consumed low- moderate amounts)
- Eggs (moderate amounts), and red meat (low amounts)
- Wine is consumed in low to moderate amounts.
- Dietary pattern based on food patterns of many Mediterranean regions in 1960s

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Kris-Etherton, 2001

Mediterranean Diet Pyramid



Mediterranean Diet guidelines

Every main meal

- 1-2 portions fruits, 2+ portions vegetables
- 1-2 servings wholegrain bread/ rice/ pasta
- Use olive oil as main cooking fat or as a dressing

Every day

- 2 servings dairy
- 1-2 servings nuts
- Optional: 1 glass wine/day(women), 2 glasses/day (men) / day

Weekly

- 2 servings poultry, 2+ servings oily fish, 2+ servings legumes
- Less than 2 servings red meat, 1 or less serving processed meat
- 0-4 servings Eggs
- Less than 2 servings sweet foods

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Bach-Faig et al., 2011

Mediterranean vs American Diet

- Monounsaturated fats / **Olive oil**
- Greens & Colorful Veggies
- Fresh fruits
- Legumes, nuts
- Raw, lightly cooked
- Unprocessed, fresh, local
- Natural flavors, herbs, spices & **balsamic vinegars**
- Fish
- Some dairy - low fat / fermented

- Trans/Saturated fats: lard, butter, fat back, palm or coconut oil
- Fries, Potatoes Fresh fruits
- Canned fruits
- Corn, processed cereals
- Charred, Deep fried
- Highly processed
- Artificial flavors, colors, sweeteners, added sugars
- Red meat
- High dairy - whole milk products

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Guidelines: key foods & advice

8 Simple Steps

- ♥ Eat more **fruit & vegetables**
- ♥ Include **oily fish** (e.g. salmon, herring, sardines) 2-3 times/ week
- ♥ Eat **wholegrain** bread and cereals instead of white/ low fibre
- ♥ Use **good fats**, ie **olive oils** & add **balsamic vinegars**, cook a **vegetarian meal** at least once a week
- ♥ Add more natural **nuts** into your diet (e.g. walnuts, almonds or hazelnuts)
- ♥ **Reduce red meat** intake and eat fish and lean poultry more often
- ♥ Eat **some dairy products** such as plain Greek yogurt and traditional artisan cheeses
- ♥ **Alcohol** in moderation (optional)

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Mediterranean diet meal plan

Breakfast

Fruit or small glass of unsweetened fruit juice
 Wholegrain breakfast cereal/ porridge/ muesli
 Wholemeal bread/ toast with olive oil spread
 Plain or Greek Yogurt

Lunch

Soup and wholemeal bread
 Small portion of chicken/ fish/ egg/ cheese
 Salad
 Wholemeal bread
 Fruit and yogurt

Evening meal

Small portion meat/ chicken/ fish/ egg
 Plenty of salad/ vegetables
 Potatoes, rice, pasta, other grains or wholemeal bread
 Fruit for dessert
 Glass of wine (optional)

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MENU

Wholegrain bagel with
 olive oil spread +fresh fruit

Lentil soup + wholegrain
 bread

Mediterranean-style
 marinated fish or chicken

Snacks: Fruit/ nuts

The Easiest Way to Get Started with the Mediterranean Diet

The Make Every Day Mediterranean: An Oldways 4-Week Menu Plan takes you on a 28-day journey through many of the delicious and satisfying tastes of the Mediterranean Diet. Unlike most diets, the Mediterranean Diet doesn't cut out all the good stuff and leave you feeling deprived. It features a wide variety of foods that are flavorful, healthy, and lower in calories. By following this diet plan, you'll experience first-hand how to enjoy "good taste" and "good for you" at the same time.

59 recipes with Nutritional analysis for each recipe.

Note: Available at our Monthly Mediterranean Diet classes. First Monday in Chapin and Second Monday in Lexington. Call location or see Facebook site for events sign up.

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HEALTH BENEFITS OF OLIVE OIL

The health benefits of fresh olive oil are extensive with new positive attributes discovered all the time. Olive oil has also been found to be effective in fighting against diseases such as:

Cancer: The phytonutrient in olive oil, oleocanthal, mimics the effect of ibuprofen in reducing inflammation, which can decrease the risk of breast cancer and its recurrence.

Heart Disease: Olive oil helps lower levels of blood cholesterol leading to heart disease.

Oxidative Stress: Olive oil is rich in antioxidants, especially vitamin E, long thought to minimize cancer risk.

Blood Pressure: Recent studies indicate that regular consumption of olive oil can help decrease both systolic and diastolic blood pressure.

Diabetes: It helps lower "bad" low-density lipoproteins while improving blood sugar control and enhances insulin sensitivity.

Obesity: Although high in calories, olive oil has shown to help reduce levels of obesity.

Rheumatoid Arthritis: Recent studies have proved that people with diets containing high levels of olive oil are less likely to develop rheumatoid arthritis.

Osteoporosis: It improves bone mineralization and calcification by helping calcium absorption and so it plays an important role in aiding sufferers and in preventing the onset of Osteoporosis.

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Extra Virgin Olive Oil is The Healthiest Fat on Earth

Monounsaturated Fat: 73%



The Beauty of Olive Oil-It's Super Healthy

Substituting
with all natural
Butter Flavor plant
extract infused
Olive Oil

Margarine/Butter	Olive Oil
1 Teaspoon	3/4 Teaspoon
1 Tablespoon	2 & 1/4 Teaspoons
2 Tablespoons	1 1/2 Tablespoons
1/4 Cup	3 Tablespoons
1/3 Cup	1/4 Cup
1/2 Cup	1/4 Cup + 2 Tbsp.
2/3 Cup	1/2 Cup
3/4 Cup	1/2 Cup + 1 Tbsp.
1 Cup	3/4 Cup

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THE CLASSY CRUET - PREMIUM OLIVE OILS

EVOOs

- Mild
 - Varietals
 - Italian Moraiolo
- Medium
 - Varietals
 - Italian Olistico Blend
- Robust
 - Varietals
 - Italian Leccino

Herbs

- Basil
- Cilantro & Red Onion
- Dill
- Garlic
- Gremolata
- Herbes de Provence
- Porcini Mushroom & Sage
- Rosemary
- Tuscan Herb
- Black Truffle
- White Truffle

Fruits

- Blood Orange
- Italian Lemon
- Persian Lime

Spices

- Cayenne
- Chipotle
- Mesquite Hickory Smoke

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EVOO IS DEFINED AS....

Extra virgin Olive Oil is the highest quality and most expensive olive oil classification. It should have no defects and a flavor of fresh olives. In chemical terms extra virgin olive oil is described as having a free acidity, expressed as oleic acid, of not more than 0.8 grams per 100 grams and a peroxide value of less than 20 milliequivalent O2. It must be produced entirely by mechanical means without the use of any solvents, and under temperatures that will not degrade the oil (less than 86 °F, 30 °C).

In order for an oil to qualify as "extra virgin" the oil must also pass both an official chemical test in a laboratory and a sensory evaluation by a trained tasting panel recognized by the [International Olive Council](#). The olive oil must be found to be free from defects while exhibiting some fruitiness.

Olive oil tasters describe the positive attributes using the following terms:

Fruity: Having pleasant spicy fruit flavors characteristic of fresh ripe or green olives. Ripe fruit yields oils that are milder, aromatic, buttery, and floral. Green fruit yields oils that are grassy, herbaceous, bitter, and pungent. Fruitiness also varies by the variety of olive.

Bitter: Creating a mostly pleasant acrid flavor sensation on the tongue

Pungent: Creating a peppery sensation in the mouth and throat

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INFUSING OLIVE OILS AT HOME – HGIC, CLEMSON EXTENSION

Infusing oil with fresh herbs and vegetables is a creative way to add flavor and interest to cooking. The basic concept is that the essence of fresh garlic and herbs is infused into oil. Oil infusions are easy to make, but they have a real potential to become unsafe when not properly prepared and stored. Infused oils are only safe for shelf storage when research-based methods are meticulously followed.

- Added ingredients (garlic and herbs are common) must be acidified before they are added to oils. That does not mean that you cannot infuse oils without acidifying the added ingredients. But, failure to acidify will result in a final product that must be stored under refrigeration and used within two or three days.
- In 1991, the Food and Drug Administration mandated the addition of an acid to all commercial garlic-in-oil preparations as a safeguard. The proper addition of acid was thought to be virtually impossible to do correctly in a home or restaurant kitchen. However, current research at the University of Idaho has proven a safe method for infusing oils with home acidified garlic, basil, oregano or rosemary. No variations or substitutions have been tested and proven safe.

Why Acidify?

- Clostridium botulinum is the biggest safety concern related to storing jarred and canned foods at room temperatures. That is because the ideal conditions for the botulism toxin to be activated are created in an environment that is low acid, low oxygen, moist, and held at temperatures between 38 ° – 118 ° F. Those are exactly the set of conditions that are created when oil is combined with low-acid foods (i.e., garlic and herbs)
- Again, oils may be infused with fresh herbs or garlic without acidification, but those infusions must be stored in the refrigerator and used within two to three days. And, infused oil (non-acidified) that is left at room temperature for more than two hours must be discarded.

<https://hgic.clemson.edu/factsheet/herb-infused-oils/>
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HEALTH BENEFITS OF BALSAMIC VINEGAR

Antioxidant Properties: Free radicals damage cell membranes and manifest themselves in terms of premature aging, hardening of arterial walls and cancer. Antioxidants from balsamic vinegar destroy these free radicals and prevent cells from being destroyed.

Fights Cancer: The grapes from which balsamic vinegar is formed have antioxidant properties. Along with vitamin C, this antioxidant strengthens the immune system to fight cancer and other infectious diseases and inflammations.

Reduces Risks of Heart Attacks: Balsamic vinegar is low in saturated fat and is believed to reduce cholesterol. Moreover, since it is low in sodium, it enhances heart health and reduces high blood pressure.

Controls Diabetes: Research reveals that consumption of at least 5 teaspoons of balsamic vinegar a day enhances insulin sensitivity. The greater the insulin sensitivity, the better the diabetes control.

Natural Pain Reliever: In ancient times, folk healers used this vinegar to relieve people of their body pain and to treat wounds and infections. The anti-bacterial and anti-viral properties in the vinegar healed wounds.

Assists Digestion: The polyphenols in balsamic vinegar stimulate the activity of pepsin, a digestive enzyme in the body, thus balsamic vinegar aids the digestion process.

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THE CLASSY CRUET - AGED BALSAMIC VINEGARS

Traditional:

Dark

- 18-year
- Estilo-25 year

White:

- Balsamico White

Vinegars:

- Barrel Aged Apple Cider
- Pedro Ximenez Sherry Vinegar

Fruits

- Amarena Cherry Dark
- Apricot White
- Banana White
- Blackberry Ginger Dark
- Blueberry Dark
- Sicilian Lemon White
- Citrus Mint White
- Coconut White
- Cranberry Pear White
- Gala Apple Dark
- Grapefruit White
- HoneyBell Orange
- Italian Fig Dark
- Italian Mango White
- Peach White
- Pineapple White
- Pomegranate Dark
- Raspberry Dark
- Rose White
- Tangerine Dark
- Tuscan Strawberry

Herbs

- Black Truffle Dark
- Italian Herb of Naples Dark
- Oregano White
- Thyme White

Spices & Flavors

- Bourbon Maple Dark
- Cinnamon Pear Dark
- Chocolate di Torino Dark
- Honey & Ginger Dark
- Italian Espresso Dark
- Maple Dark
- Teriyaki Dark

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Questions..?

Now you can enjoy our Classy Cruet Olive Oils and Balsamic Vinegars Tasting Rooms and actually Taste the Difference!

Thank you from The Classy Cruet in Lexington and Chapin, SC

- 5175 Sunset Blvd. Ste. 10 Lexington, SC 29072 (803) 785-7887
- 223 Columbia Ave. Ste. B, Chapin, SC 29036 (803) 298-5353

Our Top selling products are also available at :

- Figaro Market in Newberry
- Little Mountain Antiques Market

Also Located online at www.TheClassyCruet.com

- Online Recipes on From our Kitchen tab and Pairing chart on Resources tab

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