



### **GSV Program for April, 2018**

As part of the series of monthly educational presentations, GSV members heard in April from Amy Riolo ([amyriolo.com](http://amyriolo.com) or [amyriolo.blogspot.com](http://amyriolo.blogspot.com)), award-winning, best-selling author, chef, television personality, travel guide, and simply delightful speaker. We met at the Mid-County Community Center and numbered about 20.

Amy talked about the Mediterranean diet and its healthful benefits, starting off by showing how the Mediterranean food pyramid has been amended. Grains, that were once at the base of the pyramid, are now lumped with fruits and vegetables in the second tier and have been replaced at the base by the advice to stay physically active and eat with others as much as you can. She advised that instead of focusing on what one should not eat, it is better to focus on what one can eat. She is also an advocate of using food as medicine and has written several diabetes cookbooks. She guided us through a long list of food groups and their benefits: vegetables (especially of the cabbage family), dried fruit, grains, beans and legumes, nuts and seeds, seafood, dairy and poultry, wholesome baked goods, and citrus juice. Her longest discourse was on olive oil and how to determine how good the oil is using such criteria as the relationship between its acidity and beneficial polyphenols, its bitterness, its age, its labeling. Her parting advice was to view food as your ally and to plan menus around seasonal/local produce, balancing good carbs and proteins, and maximizing flavor with herbs and spices.

