



WHAT'S HAPPENING IN OCTOBER



THURSDAY, OCTOBER 1

BahamaHealth's Freeport 30-Day Challenge Registration

Family Guardian, Regent Centre
 Freeport, Grand Bahama
 9:00AM – 6:00PM

SATURDAY, OCTOBER 3, 10, 17 & 24

BahamaHealth's Freeport 30-Day Challenge Fun Walk

Beginning at the Regent Centre
 Freeport, Grand Bahama
 6:00AM

MONDAY, OCTOBER 12th

Discovery Day (Public Holiday)

SATURDAY & SUNDAY, OCTOBER 17-18

International Cultural Festival

Botanical Gardens
 New Providence
Time to be announced

SATURDAY, OCTOBER 31st

BahamaHealth's Freeport 30-Day Challenge Fun Walk & Health Fair

Beginning at the Regent Centre
 Freeport, Grand Bahama
 6:00AM

"The greatest wealth is health."

- Virgil

STAPLES OF THE MEDITERRANEAN DIET 9 FOODS YOU SHOULD BE EATING

www.eatingwell.com

Key ingredients of Mediterranean cuisine include olive oil, fresh fruits and vegetables, protein-rich legumes, fish and whole grains with moderate amounts of wine and red meat. The flavors are rich, and the health benefits for people choosing a Mediterranean diet are hard to ignore—they are less likely to develop high blood pressure, high cholesterol or become obese. If you're trying to eat foods that are better for your heart, start with these nine healthy ingredients—the staples of Mediterranean cooking.

01 Broccoli Rabe

To be Italian is to appreciate dark leafy vegetables, especially this earthily bitter brassica that pairs beautifully with bold ingredients like sausage, anchovy and hot pepper. Like other cabbage family members it's a nutrition superstar, providing plenty of vitamin C, potassium, calcium and fiber as well as carotenoids and cancer-fighting indoles and isothiocyanates.

02 Chickpeas

Eaten daily, combined with grains and starches, beans provide high-quality protein along with folate, calcium, iron and zinc. They also offer benefits like healthy, filling doses of fiber (both soluble and insoluble), phytates and phytoesters; studies suggest beans may help manage diabetes, prevent colon cancer and reduce heart disease risk.

03 Couscous

Traditionally unrefined grains (pasta, bread, barley, couscous) are the base of most Mediterranean diets. Leaving the grains whole lowers their glycemic index, so they are digested more slowly and produce gentler rises in glucose and insulin than refined versions; they also retain all their fiber, magnesium, vitamin E and other antioxidant phytochemicals. Diets rich in whole grains may protect against heart disease, diabetes and other chronic diseases.

04 Eggplant

Beloved for its toothsome texture and neutral flavor that takes up sauces beautifully, eggplant gives meaty satisfaction to a cuisine in which meat traditionally made rare appearances. While not a nutritional powerhouse, eggplant contains some fiber and potassium; chlorogenic acid, a compound

concentrated in eggplant skin, may have antiviral and cancer-fighting properties.

05 Hazelnuts

Nut trees are almost as common as olive trees in Italy. Nuts are savored as snacks, ground into sauces and sprinkled on salads. They're loaded with heart-friendly monounsaturated fat; they're also rich sources of protein, fiber, vitamin E, folate, calcium and magnesium. Nut protein is also high in arginine, an amino acid that helps maintain healthy blood vessels.

06 Olive Oil

Prized since antiquity (original Olympic winners were awarded jugs of it), olive oil is imperative in Mediterranean cookery, especially when it comes to preparing vegetables. Rich in monounsaturated fat and (in extra-virgin types) antioxidant polyphenols, many believe its wide use throughout the Mediterranean explains much of that region's low heart disease rates.

07 Peppers

Fresh, roasted or dried and ground into complex sauces and pastes, peppers add color to Moroccan dishes. And good nutrition: all types are rich in vitamins A and C, fiber, folate, beta carotene and vitamin K. Red peppers also deliver lycopene, as well as lutein and zeaxanthin—protective against macular degeneration.

08 Shrimp

Wherever Mediterraneans live close to the sea, seafood is a staple protein in their diets; any and all kinds of shellfish and fish are celebrated, often several in the same dish. While fattier types like tuna supply heart-healthy omega-3 fatty acids, lean specimens like shrimp, squid and sea bass provide ample protein, niacin and selenium.

09 Tomatoes

It's hard to believe these now-ubiquitous orbs weren't native to the Mediterranean region (grazie, Columbus); they're staples in every cook's larder, fresh, canned and in paste form. Tomatoes are packed with vitamin C and lycopene, a heart-protective antioxidant that may also help prevent some cancers (particularly prostate). Plus they're versatile enough to enjoy every day.

See recipe ideas on back

Nutrition Tidbits for Cantaloupe

One cup of Cantaloupe contains:

54 Calories, 0.3g Fat, 13g Carbs, 1.3g Protein, 1.4g Fiber, Medium (56-69) Glycemic Index (GI)

By Sofia Layarda, MPH, RD, www.healthcastle.com

Cantaloupe is a great source of Vitamin A, which is important for vision and skin health. It is also chock-full of Vitamin C, a well-known antioxidant. In fact, one cup of cantaloupe contains slightly more than 100% of the daily recommended intake for both vitamins. These melons are also a good source of potassium.

When buying cantaloupe, look for those that are heavy for their size and have no sloshing sound when shaken. Cantaloupes should also smell freshly fragrant (instead of smelling "fermented" or overripe). Avoid any fruits with bruised or soft spots. Ripe cantaloupes should have a yellow hue on the skin between the

webbing. Unripe fruits can be stored on the kitchen counter to ripen; once ripe, they should be kept in the refrigerator.

Ways to include more Cantaloupe in your diet:

- Add them to smoothies, cereals or salads
- Make an Asian-inspired dessert: cut-up melons mixed with shaved ice, coconut milk, and honey (or sweetened condensed milk)
- Wrap with prosciutto as an appetizer
- Enjoy as part of fruit skewers for snacks



FOOD OF THE MONTH CANTALOUPE

In celebration of back-to-school season, we highlight a fruit that regularly appears in lunch boxes: cantaloupe. Cantaloupe is well-loved by kids and adults for its sweet, juicy flesh and fragrance. The peak season for the fruit runs from May through October. Technically, cantaloupe is a muskmelon, and the most common variety has an orange flesh, although other varieties with different colors are available as well.



ROASTED EGGPLANT & FETA DIP

Per Serving: 75-calories, 6g fat

12 Servings, about 1/4 cup each
 Active Time: 40 min
 Total Time: 40 min

This roasted eggplant dip gets a kick from a fresh chile pepper and cayenne pepper.

INGREDIENTS

- 1 medium eggplant (about 1lb.)
- 2 Tbsp lemon juice
- 1/4 cup extra-virgin olive oil
- 1/2 cup crumbled feta cheese
- 1/2 cup red onion, finely chopped
- 1 small red bell pepper, finely chopped
- 1 small chile pepper, seeded & minced
- 2 Tbsp fresh basil, chopped
- 1 Tbsp flat-leaf parsley, finely chopped
- 1/4 tsp cayenne pepper, to taste
- 1/4 tsp salt, to taste
- Pinch of sugar, (optional)

Make Ahead Tip:

*Cover & refrigerate for up to 2 days
 Yields 1/4 cup per serving.*

INSTRUCTIONS

Position oven rack about 6 inches from the heat source; preheat broiler.
 Line a baking pan with foil. Place eggplant in the pan and poke a few holes all over it to vent steam. Broil the eggplant, turning with tongs every 5 minutes, until the skin is charred and a knife inserted into the dense flesh near the stem goes in easily, 14–18 minutes. Cool.
 Put lemon juice in a medium bowl. Cut the eggplant in half lengthwise and scrape the flesh into the bowl, tossing with the lemon juice to help prevent discoloring. Add oil and stir with a fork until the oil is absorbed (*should be a little chunky*). Stir in feta, onion, bell pepper, chile pepper (if using), basil, parsley, cayenne and salt. Taste and add sugar if needed.



GRILLED POLENTA WITH SHRIMP & ESCAROLE

Per Serving: 293-calories, 8g fat

4 Servings, 2 slices polenta & 1 cup sauce
 Active Time: 35 min
 Total Time: 35 min

*Grilled polenta tops sweet shrimp tossed with a spicy tomato and escarole sauce.
 Make it a meal: Serve this dish with some crusty olive-studded bread, to soak up the sauce, and steamed green beans.*

INGREDIENTS

- 1 Tbsp extra-virgin olive oil, plus 2 tsp for drizzling
- 4 cloves garlic, chopped
- 1/2 tsp crushed red pepper, or to taste
- 2 14-ounce cans no-salt-added diced tomatoes
- 1/2 tsp dried oregano
- 1 pound peeled cooked shrimp (31-35 p/lb.)
- 6 cups thinly sliced escarole (about 1 small head) or spinach
- 1 16-ounce tube prepared plain polenta, sliced into 8 rounds
- 8 oil-cured olives, pitted & chopped (optional)

Ingredient Note:

Escarole is a leafy green with a sweet-bitter taste. It's tender when cooked and can be used in braises, soups or stews. Look for it near other greens in the produce section.

INSTRUCTIONS

Preheat grill to high.
 Place 1 tablespoon oil and garlic in a large saucepan over medium heat. Cook, stirring, until the garlic is sizzling and fragrant, 1 to 2 minutes. Add crushed red pepper; cook, stirring, until fragrant, about 30 seconds. Add tomatoes and oregano; bring to a boil. Reduce to a simmer and cook until juicy, about 3 minutes. Stir in shrimp and escarole; cook, stirring, until the escarole is wilted, about 2 minutes. Remove from the heat, cover and keep warm.
 Oil the grill rack. Grill polenta slices until hot and slightly charred, 3 to 4 minutes per side.
 Divide the sauce among 4 shallow bowls or plates. Top with the polenta slices, sprinkle with olives (if using) and drizzle each serving with 1/2 teaspoon oil. Serve immediately.



HERBED LAMB CHOPS & GREEK COUSCOUS SALAD

Per Serving: 333-calories, 14g fat

4 Servings
 Active Time: 25 min
 Total Time: 30 min

Lamb loin chops are a healthy alternative to the more popular lamb shoulder chops.

INGREDIENTS

- 1 cup water
- 1 Tbsp minced garlic
- 1 Tbsp fresh parsley, finely chopped
- 1/4 tsp salt
- 2 1/2 pounds lamb loin chops (about 8), trimmed
- 2 tsp extra-virgin olive oil
- 1/2 cup whole-wheat couscous
- 2 medium tomatoes, chopped
- 1 medium cucumber, peeled & chopped
- 1/2 cup crumbled feta cheese
- 3 Tbsp lemon juice
- 2 Tbsp fresh dill, finely chopped

Make Ahead Tip:

Cover & refrigerate the salad for 1 day

INSTRUCTIONS

Put water on to boil in a medium saucepan.
 Combine garlic, parsley and salt in a small bowl. Press the garlic mixture into both sides of lamb chops. Heat oil in a large nonstick skillet over medium-high heat. Add the lamb chops and cook to desired doneness, 5 to 6 minutes per side for medium. Keep warm.
 Meanwhile, stir couscous into the boiling water. Return to a boil, reduce heat to a low simmer, cover and cook for 2 minutes. Remove from the heat and let stand, covered, for 5 minutes; fluff with a fork. Transfer to a medium bowl. Add tomatoes, cucumber, feta, lemon juice and dill. Stir to combine. Serve the couscous with the lamb chops.

For more recipes visit: www.weightwatchers.com