

The Mediterranean Diet and the Immune System: What Are the Potential Effects?

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## Pantry Meal Ideas

Meal	Nutrients
Frozen shrimp sauteed in olive oil + garlic = red pepper + sauteed frozen kale or spinach + canned tomatoes + grain like farro or polenta	<p><b>Shrimp:</b> lean protein; <b>Olive oil:</b> MUFA</p> <p><b>Garlic:</b> flavonol, prebiotic; <b>Red pepper flakes:</b> flavones</p> <p><b>Kale/spinach:</b> vit E, vit C, iron; <b>Tomatoes:</b> lycopene, vit c, vit A</p> <p><b>Farro:</b> zinc, fiber, iron, protein, polyphenols, carotenoids, phytosterols and selenium</p>
Brown rice + frozen spinach served with poached or crispy egg (or canned salmon) + edamame + seaweed strips + sesame seeds + dash of soy sauce	<p><b>Brown rice:</b> protein, iron, zinc, copper, B vitamins</p> <p><b>Frozen spinach:</b> vit E, vit C, iron, vit A</p> <p><b>Egg:</b> protein, vit A, selenium, zinc, choline; Canned <b>salmon:</b> omega -3, protein</p> <p>Frozen <b>edamame:</b> Isoflavones, protein, vit C, calcium, iron, magnesium, copper, fiber,</p> <p><b>Seaweed strips:</b> iodine, vit C, vit A; <b>Sesame seed:</b> zinc, iron, B6, fiber, vit E</p>
Veggie chili: canned beans (kidney, black, chickpeas, cannellini) + frozen veggies (zucchini, corn, carrots) + chili powder, paprika, garlic, + onion powder, + canned tomatoes	<p>Canned <b>beans:</b> iron, isoflavones, fiber, protein, zinc</p> <p><b>Zucchini:</b> vit A, C; <b>Corn:</b> vit C, B vitamins, zinc; <b>Carrots:</b> vit A</p> <p><b>Spices:</b> antioxidants, flavones; <b>Olive oil</b> or canola: MUFA, vit E</p> <p><b>Onion:</b> prebiotic, flavonols; <b>Garlic:</b> prebiotic, flavonols; Canned <b>tomatoes:</b> lycopene, vit c, vit A</p>
Shakshuka: canned tomatoes, frozen spinach + cauliflower or other veg, chickpeas + spices + eggs	<p>Canned <b>tomatoes:</b> lycopene, vit c, vit A</p> <p><b>Spinach:</b> vit E, vit C, iron, vit A, <b>Cauliflower:</b> vit C, K, B6, folate</p> <p>Canned <b>chickpeas:</b> zinc, fiber, protein; Dried <b>spices:</b> antioxidants, flavones</p> <p><b>Eggs:</b> protein, vit A, selenium, zinc, choline</p>