



# ! GREECE

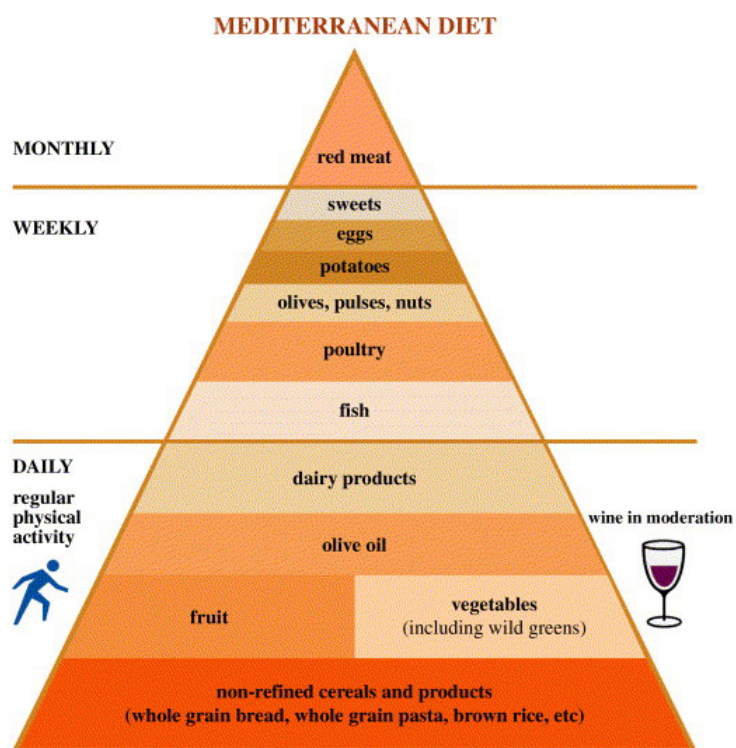
## Nutrition in Greece

### National Nutrition Guide for Greek Adults (Greek: Διατροφικοί Οδηγοί Για Ενήλικες)

A food pyramid is used by Greece to illustrate the messages of its guidelines, which are in line with the traditional Mediterranean diet. The food pyramid is divided into food groups classified under three levels of consumption: daily consumption (wholegrain cereals and products, fruits, vegetables, olive oil and dairy products), weekly (fish, poultry, olives, pulses, nuts, potatoes, eggs and sweets) and monthly (red meat). Around the pyramid, there are images of physical activity.

#### Primary Messages:

1. Consume a variety of fruit and vegetables every day.
2. Consume a variety of cereals every day. Prefer whole grain products.
3. Prefer low-fat dairy products.
4. Limit red meat consumption. Choose lean cuts. Avoid processed meat.
5. Consume fish and seafood frequently. Choose small fatty fish.
6. Consume legumes frequently.
7. Use olive oil as the main added fat.
8. Limit salt and added sugar intake.
9. Be physically active every day. Maintain a healthy body weight.
10. Drink plenty of water.



Also remember to:

- drink plenty of water
- avoid salt and replace it by herbs (e.g oreganon, basil, thyme, etc)

Source: Supreme Scientific Health Council, Hellenic Ministry of Health

#### Sources:

Food and Agriculture Organization of the United Nations. (n.d.). Food-Based Dietary Guidelines - Greece. Retrieved from <http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/Greece/en>

Supreme Scientific Health Council, Hellenic Ministry of Health. (n.d.). Mediterranean Diet Pyramid.



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## How to Use a Chef's Knife

- With your dominant hand, hold the chef's knife close to the blade with your fingers wrapped securely around the handle for best control.
- Place your other hand on the food to be cut. Curl your fingers in like a claw and keep your thumb and pinky finger behind your other fingers.
- Do not lift the front of the knife off the cutting board.
- Use a rocking, circular motion to slice the food. Push the knife forward as you lower it and slice.



### Go slowly at first

until you are more comfortable and have control of the food and the knife.

### Slices, Sticks, Cubes!

**Practice your knife skills by making a variety of cuts:**

1. Prepare your knife and cutting board by making sure they are sanitized. Place a towel under the cutting board to make sure it does not slip.
2. Peel food if needed. Throw away peels and keep the cutting board clean and clear.
3. Cut the food in half lengthwise for long foods like cucumbers, or quarter it for round foods like tomatoes.
4. Slice by cutting quarters into sticks.
5. Take sticks and cut them crosswise into cubes. Try to make cubes the same size.

#### Source:

Virginia Cooperative Extension. (2017). Teen Cuisine Curriculum. Retrieved from <https://ext.vt.edu/4h-youth/healthy-living.html>





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## Tips for Handling Raw Meats

- Purchase meats last when at the grocery store and immediately store them in the refrigerator.
- Never thaw meat at room temperature. Use a running cold water bath or the microwave or refrigerator.
- Wash your hands and sanitize all surfaces the meat touched.
- Do not return cooked meats to the same container the raw meat was in.
- Do not re-use marinade sauces that raw meat was in.
- Cook to the proper temperature using a food thermometer.
- Put cooked meats in the refrigerator within two hours.
- Eat or freeze meat within two days.

### Tips for using an instant-read thermometer:

- Calibrate the thermometer using ice water and boiling water.
- Place the thermometer tip into the thickest part of the meat but away from the bone or gristle.
- Make sure the tip is inserted into the meat up to the notched line, about 1 1/2 inches.
- Wait at least 15 seconds or until the dial stops moving to take a reading.
- Wash thermometer with hot soapy water before and after using. Do not wash in a dishwasher.

### Must reach this temperature for 15 seconds:

165°F	Chicken
165°F	Leftovers
160°F	Hamburger
Until whites and yolks are firm	Eggs
160°F	Egg Dishes
145°F	Pork
145°F	Fish

#### Source:

Virginia Cooperative Extension. (2017). Teen Cuisine Curriculum. Retrieved from <https://ext.vt.edu/4h-youth/healthy-living.html>