

Healthy and Mediterranean balanced Christmas menu

by Pablo García Jiménez

3ºB

Index

- Healthy, balanced menu for a Christmas Day (Breakfast, mid-morning meal, lunch, snack and dinner).
- Tables indicating the nutrients of each meal.
- Classification of food according to its function.
- Dinner Recipe.
- Why my diet is healthy and balanced.
- Why my diet is a Mediterranean one.

Breakfast



Breakfast will consist of a 250 ml bowl of semi-skimmed milk, with a dessert spoon of cocoa powder (About 10g), a 30g slice of whole meal bread with a heaping tablespoon and a half of extra virgin olive oil (About 20mL), accompanied by 4 tomato slices (5g each) and finally a small polvorón with almonds (30g).

Food	Energy (kcal)	Carbohydrates (g)	Proteins (g)	Lipids (g)
250 mL semi-skimmed milk	127.5	11.5	7	3.8
10g Cocoa Powder	36.1	7.8	0.7	0.2
30g Whole meal bread	75.3	13.2	3.3	0.9
20 mL extra virgin olive oil	179.8	0	0	20
Tomato slices 20g	4.6	0.7	0.2	0
Polvorón with almonds 30g	169.2	15.1	1.4	11.3
Total	592.5 kcal	48.3 g	12.6 g	36,2 g

Mid-Morning Meal

This will consist of a handful of almonds (Unsalted and unroasted) of 20 g and a piece of 100% dark chocolate of 25 g.

Food	Energy (kcal)	Carbohydrates (g)	Proteins (g)	Lipids (g)
Almonds (unsalted & unroasted) 20g	122	1.1	3.7	10.8
100% Dark Chocolate 25g	143.3	3.3	3	12.5
Total	265.3 kcal	4.4 g	6.7 g	23.3 g

Lunch

Lunch will consist of a plate of 2 grilled salmon fillets of 110 g each , accompanied by a plate of rice 3 delicacies (white) with pieces of cooked vegetables, this will weigh about 120g. There will also be a portion of cooked spinach with egg of about 150 g, with a 75 g portion of salad containing fruits and vegetables (mango, avocado, lettuce, tomato, corn, raisins, etc.), olive oil and vinegar . For drinking there will be a glass of water. To finish lunch there will be a Christmas dessert called Roscón de Reyes, we will eat only a 70 g piece.

Food	Energy (kcal)	Carbohydrates (g)	Proteins (g)	Lipids (g)
2 Salmon fillets 220g	420.2	0	45.3	26.4
White rice (Cooked) with vegetables 120g	219.6	49	4	0.5
Spinach with egg 150g	31.5	0.9	3.9	0.3
Salad 75g	68	2.7	1.8	5.8
Roscón de Reyes 70g	226.5	35.3	5	7.8
Total	965.8 kcal	87.9 g	60g	40.8g

Snack

The snack will consist of a 100 mL natural yogurt with banana pieces (10g) and a handful of corn cereals (30g).

Food	Energy (kcal)	Carbohydrates (g)	Proteins (g)	Lipids (g)
Natural Yogurt (100 mL)	64	5.5	3.9	2.6
Banana pieces (10g)	9.6	2.1	0.1	0
Corn cereals (30g)	113.4	26.4	1.4	0.2
Total	187 kcal	34 g	5.4 g	2.8 g

Dinner

Dinner will consist of 2 grilled chicken fillets (90g each) with 2 slices of aged cheese (40g) and finally accompanied by an apple (150g). For drinking there'll be a glass of water.

Food	Energy (kcal)	Carbohydrates (g)	Proteins (g)	Lipids (g)
2 Chicken fillets (180g)	203.4	0	37.1	6.1
Aged Cheese (40g)	186.8	0	11	15.8
Apple (150g)	82.5	17.3	0.5	0.5
Total	472.7 kcal	17.3 g	48.6 g	22.4 g

Total for the day

Meal	Energy (kcal)	Carbohydrates (g)	Proteins (g)	Lipids (g)
Breakfast	592.5	48.3	12.6	36.2
Mid-Morning	265.3	4.4	6.7	23.3
Lunch	965.8	87.9	60	40.8
Snack	187	34	5.4	2.8
Dinner	472.7	17.3	48.6	22.4
Total	2482.8 kcal	191.9 g	133.3 g	125.5 g

Classify the food according to their function

Energetic	Regulatory	Structural
Cocoa powder, bread, olive oil, polvorón, almonds, dark chocolate, rice, roscón de reyes, cereals.	Tomato, almonds, spinach, salad, banana, apple.	Milk, almonds, salmon, yogurt, chicken, cheese.

Dinner Recipe

So for this meal we're going to grill 2 chicken fillets. We'll need 2 chicken fillets, half a lemon (juice), half a spoon of oregano, half a spoon of pepper, half a spoon of salt, half a spoon of parsley, a tablespoon of olive oil and 2 slices of cheese. Then you have to follow this steps:

- Wash the fillets well and let them drain. While squeezing the lemon juice. Add it together with the oil, spices, salt and pepper to a plate and mix everything. Soak each fillet in the mixture.
- In a very hot skillet, fry each fillet over high heat for about a minute and add the cheese slices on top of the fillets to melt them.
- Now the fillets are done, you can accompany it with a piece of fruit, an apple for example, and enjoy!

(Pictures in the next diapositive)

Pictures of the recipe



Why is my menu healthy and balanced?

My diet is healthy and balanced because it respects the proportions of food that should be eaten at each meal, the necessary calories are consumed (although there are some excesses due to Christmas desserts, since this type of sweets is usually eaten at Christmas), There is a varied diet, there is not much animal fat, most of the cooked food is grilled, there is no fried, 5 pieces of fruits / vegetables are consumed, 2-3 dairy products are also consumed and the consumption of meat and fish is balanced. Olive oil is used as the main source of fat, the consumption of salt is very low and water is the priority in the drink. The only bad thing is that there are pastries that are only and exclusively consumed that day because it is Christmas.

Does my menu fit the Mediterranean diet?

My diet is Mediterranean because it is varied, because there is an abundant consumption of cereals, fruits, vegetables and nuts. Olive oil is the main source of fat, there is a balanced consumption of fish, eggs and poultry. There is also a moderate consumption of dairy in the form of milk, yogurt or cheese. There is a common use of various herbs and spices, such as lemon, vinegar, garlic, rosemary, parsley, etc. And there is a low consumption of red meat and the food is fresh.