

Yogurt with strawberries in their natural juice

INGREDIENTS FOR FOUR

200g strawberries, 4g sugar, 8ml water,
4 skimmed yogurts without sugar, honey,
spices: cinnamon, vanilla, clove, etc.

PREPARATION

Wash the strawberries with water and
nourishing bleach. Cook 50 grams of
strawberries in the water with sugar and
the spices during 10 minutes. Beat the
strawberries with the cooking liquid and
strain with an extra-fine sieve. Pour it over
the rest of the chopped strawberries and
leave them in the fridge until they are
cold. To serve, place the strawberries
already macerated in a glass, put the
yogurt and sweeten with honey.

NUTRITIONAL INFORMATION PER

SERVING (160 g)

Energy: 106 kcal

Proteins: 5g (21%)

Carbohydrates: 21g (76%)

Fats: 0.4g (3%)

Fibre: 1g



Rich in proteins, vitamins and calcium.



PROMOTIONAL PROGRAM OF THE MEDITERRANEAN DIET OF THE MURCIA TOWN HALL

Comprehensive program for the promotion of the healthy nutrition and the physical activity

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Consejo de Bienestar Social y Seguridad
SALUD PÚBLICA Y BIENESTAR



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Edition funded by:



Cookbook

THE HEALTH AND
THE SENSES SEMINAR



PROMOTIONAL WORKSHOP OF
THE MEDITERRANEAN DIET IN THE
ABATOS SQUARES OF MURCIA.

PLAZA DE VERÓNICAS

Veggie pizza with anchovies

INGREDIENTS FOR FOUR

250g flour, 170ml water, 13g olive oil, 16g
fresh yeast, 1.5 teaspoons of iodized salt, 8
anchovies, 3 tablespoonfuls of tomato sauce,
1 courgette or a half aubergine, some leaves
of spinach, ¼ onion, oregano.

PREPARATION

Preparation of the dough:

Mix the salt with the flour. Dissolve the yeast in
the warm water, add the oil and pour these
ingredients together until obtaining a
homogeneous dough. Place the dough in a
bowl, cover it and leave it to ferment around 60
minutes. Chop and sauté the courgette and the
spinaches. Stretch the dough out and spread
the tomato sauce on it, add the raw onion, the
vegetables and the cleaned anchovies on their
backs. Sprinkle it with oregano and bake it
around 20 minutes at 220 °C.

NUTRITIONAL INFORMATION PER

SERVING (160 g)

Energy: 273 kcal

Proteins: 10g (14%)

Carbohydrates: 50g (70%)

Fats: 5g (16%)

Cholesterol: 8mg

Fibre: 2.6g



Rich in vegetable fibre, vitamins and
minerals. Excellent source of healthy
fats, rich in omega3 and oleic acid.

Skewers of seasonal fruits

INGREDIENTS FOR FOUR

At least three different seasonal fruits.
2 bananas, 2 kiwis, 150g strawberries.

PREPARATION

Wash the strawberries with water and nourishing
bleach. Chop the fruits up and assemble the
skewers combining colours and tastes.

NUTRITIONAL INFORMATION PER TWO

SKEWERS (150 g)

Energy: 90 kcal

Proteins: 1.5g (7%)

Carbohydrates: 21g (88%)

Fats: 0.5g (5%)

Fibre: 3g



Good source of vitamins,
minerals, antioxidants and fibre.



ASSORTED SEASONAL FRUITS

WINTER	SPRING	SUMMER	AUTUMN
Apple	Apple	Apple	Apple
Banana	Apricot	Banana	Banana
Custard apple	Banana	Cherry	Grape
Kiwi	Cherry	Fig	Kiwi
Orange	Loquat	Grape	Orange
Pear	Nectarine	Melon	Pear
Pineapple	Orange	Nectarine	Persimmon
Strawberry	Peach	Peach	Pineapple
Tangerine	Pear	Pear	Pomegranate
	Pineapple	Plum	Tangerine
	Strawberry	Pineapple	
		Watermelon	

SEASONAL VEGETABLES

WINTER	SPRING	SUMMER	AUTUMN
Artichoke	Artichoke	Aubergine	Artichoke
Aubergine	Celery	Carrot	Aubergine
Broccoli	Broccoli	Courgette	Broccoli
Cabbage	Endive	Cucumber	Cabbage
Cauliflower	Green bean	Green bean	Carrot
Celery	Leek	Onion	Cauliflower
Chard	Lettuce	Celery	Celery
Chicory	Onion	Pepper	Chard
Endive	Spinach	Pumpkin	Chicory
Leek		Tomato	Endive
Lettuce			Green bean
Onion			Leek
Pea and bean			Lettuce
Spinach			Pepper
Wild asparagus			Pumpkin
			Spinach
			Tomato

SEASONAL BLUE FISH

WINTER	SPRING	SUMMER	AUTUMN
Mackerel	Anchovy	Horse mackerel	Horse mackerel
Pompano	Horse mackerel	Pompano	Mullet
Salmon and trout	Mackerel	Salmon and trout	Pompano
	Pompano	Sardine	Salmon and trout
	Salmon and trout	Swordfish	Swordfish
	Sardine	Tuna fish	Tuna fish
	Swordfish		
	Tuna		

Tips for the Mediterranean diet:

1. The olive oil is the best one to stew and to accompany salads.
2. Eat many vegetable food: fruits, vegetables, legume and nuts.
3. Eat bread every day, as well as rice, pasta and cereals. Eat some whole wheat grains too.
4. Eat typical fresh seasonal food from Murcia, you will consume it in its very best.
5. Consume milk and dairy products every day.
6. Eat red meat in moderation, it is recommended to eat it in stews with vegetables and grains.
7. Eat many fish (around 4 times per week) and eggs (between 3 and 4 times per week).
8. Fruit should be your usual dessert.
9. Water is the most refreshing and healthiest drink.
10. Do exercise every day, it is enjoyable and just as important as a good diet.



Advantages of eating local and seasonal food

- It has a better taste and it has more and better nutrients.
- It has the best value for money.
- It is more environmentally sustainable.
- Fruits and vegetables provide water, vitamins minerals, fibre and antioxidants.
- Blue fish also provides omega 3.
- It is indispensable for a healthy and a balancing diet.

How much should we consume?

- Five serving of vegetable food per day: 3 pieces of fruit, 1 prepared vegetable and 1 raw vegetable.

A piece of fruit:

- Younger than 7 years old: 100-150g (1 small piece).
- Older than 7 years old: 150-200g (1 medium piece).

A serving of vegetable:

- Younger than 7 years old: 120-150g (1 medium plateful).
- Older than 7 years old: 150-200g (1 big plateful).

- Blue fish should be eaten once or twice per week. (children and pregnant women should not consume big fishes like swordfish and red tuna).

- Younger than 7 years old: 100-120g (1 steak/small piece).
- Older than 7 years old: 150-200g (1 steak/medium piece).