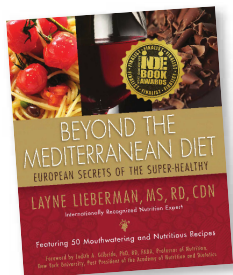


EUROPEAN SECRETS OF THE **SUPER-HEALTHY**

Author and nutritionist
Layne Lieberman
dishes on **DIET TIPS**

BY MAYA SILVER



Paleo. Gluten-free. Raw foods. Which of these dietary trends have you or someone you know tested in the recent past? Award-winning culinary nutritionist and author

Layne Lieberman, RD, believes the key to a healthy lifestyle is simpler than these passing fads. While living in Switzerland, she discovered the eating habits that allow the Swiss to enjoy the longest lifespan in the world. Now back in the U.S., Lieberman shares the lifestyle secrets she learned abroad in her book, “Beyond the Mediterranean Diet: European Secrets Of The Super-Healthy,” a finalist in the Health/Wellness category of the 2015 Next Generation Indie Book Awards.

The question Lieberman sets out to answer is: “How is it that these cultures can be slim without going gluten-free or not eating cheese—without depriving themselves?” However, she does more than just document how the Swiss, Italians, and French eat and live. She recontextualizes the secrets she learned in American culture. “It’s really about how we bring it home,” Lieberman says.

“Beyond the Mediterranean Diet” is a rich tapestry of reflections, tips, and 50 recipes for breakfast, lunch, snacks, dinner, and dessert that empowers readers to be healthy all while enjoying bread, pasta, cheese, and chocolate. Lucky for us, Lieberman shared a few of her secrets and a recipe from the book.

SMOKED SALMON SPREAD RECIPE serves four

Ingredients

- 1 c nonfat plain Greek yogurt
- 2 oz organic or wild smoked salmon, finely chopped
- 1 Tbsp fresh dill
- multigrain toast for serving
- 1/2 c fresh chopped tomatoes

Method

In a medium bowl, combine yogurt, salmon, and dill. Serve on toast with tomatoes on top.

“I make this recipe all the time—it’s great for breakfast, lunch, and as an hors d’oeuvre,” says Lieberman.

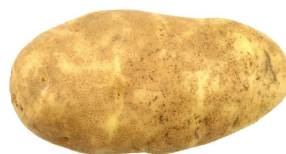


3 SECRETS OF THE MEDITERRANEAN

1 The **SWISS** eat one to two servings of dairy or protein daily. One serving might be an egg, an ounce of reduced fat cheese, or a quarter cup of fresh cheese, like ricotta or farmer’s. “A lot of their cheeses are fresh and lower in fat,” Lieberman says.



2 **ITALIANS** learn to count carbs by instinct. “If they eat a bowl of pasta, they’ll only eat a little bit of bread to sop up the sauce at the end of their meal,” explains Lieberman. Learn to include about four to six servings of carbs per day. What’s a serving? A half cup of cooked pasta, a slice of bread, or three ounces of potato, for example.



3 **FRENCH** chefs have a technique of spooning the sauce on the bottom of the plate, rather than on top of the food. This allows you to control how much sauce you eat—and sauce can often be glutted with salt, butter, and sugar. “You can do it with salads or desserts, too,” Lieberman suggests.

