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Mediterranean Diet: The Complete Mediterranean Diet For Beginners With 101 Heart Healthy Recipes

Susan T. Williams

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The Mediterranean Diet has evolved naturally and is the result of many centuries of cross-cultural exchange and refinement. It is not a diet in the strictest sense but rather a natural dietary tradition. It is therefore easier to adapt to because it is wholesome in its approach and contains comparatively fewer restrictions than most other modern diet plans.

Go on a journey to the center of culinary history.

The Mediterranean Diet is among one of the oldest diets known to man. It comes from a region where some of the earliest civilizations in the western world originated, the Greek and the Roman civilizations. The meaning of the term 'Mediterranean', which comes from Latin, can be interpreted as "in between lands" or "in the middle of the earth." This is significant since the Mediterranean Sea is situated where three continents –Africa, Asia and Europe – meet. Just as the Mediterranean region represents a geographical and cultural crossroad, the Mediterranean Diet is a combination of different culinary traditions. It is important to understand that the Mediterranean Diet represents not just a way of eating but a way of life. It makes sense therefore to adapt the Mediterranean Diet in a holistic manner by more than just choosing the right kind of food but also by preparing and eating it the way the ancient Greeks and the Romans did. Needless to say, combining the Mediterranean Diet with an active lifestyle will produce healthier results.

A natural way of eating that promotes heart health

From bruschetta to paella, from the gazpacho to the anytime snack of falafel, from the irresistible baba ghanoush to the tantalizing tzatziki, the Mediterranean Diet is as much an epicurean delight as it is a healthy diet. It is perhaps the only diet where eating is not associated with guilt or restriction but with pleasure. Research has shown that the traditional Mediterranean diet reduces the risk of heart disease while protecting against type 2 diabetes and stroke. Spice up your diet with delicious Mediterranean recipes, and be well on the road to better health. **Here Is A Preview Of What You'll Learn**

- The origins and history of the Mediterranean Diet
- How the Mediterranean Diet gained global popularity
- The main ingredients used in Mediterranean Diet recipes
- Why the Mediterranean Diet is good for heart health
- How the Mediterranean Diet helps prevent disease
- 101 recipes for preparing delicious low calorie meals high in nutritional value
- And many more healthy tips

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Margherita Pettit:

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