



The Mediterranean Heart Diet: Why It Works And How To Reap The Health Benefits, With Recipes To Get You Started

Helen V. Fisher, Cynthia Thomson

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Most people know that a Mediterranean-style diet is "good for them," but many lack the information that determines the diet's success. The Mediterranean Heart Diet does what most doctors who recommend the diet don't: spells out which foods are "out" and which are "in," and why. Doctors recommend a Mediterranean eating style to thousands who are diagnosed each year with heart disease because it is "heart-healthy"-it promotes lower saturated-fat consumption, and helps lower cholesterol and blood pressure levels. It is an all-purpose style of eating that also benefits those at risk of developing certain cancers and those with a diabetic condition, because it is high in antioxidant-rich foods and whole grains. The Mediterranean Heart Diet not only provides a full range of satisfying recipes but also covers the science behind the diet's health benefits. Readers learn to create their own healthful eating plans and establish new habits. More than 140 delicious recipes are included, from satisfying Lentil and Broccoli Soup to tangy Halibut in Citrus Sauce. All recipes feature nutritional analysis by serving, including food exchanges.

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