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| 1. Record Nr. | UNICAMPANIAVAN0270253 |
| Autore | Delle Fave, Antonella |
| Titolo | Psychological Selection and Optimal Experience Across Cultures : Social Empowerment through Personal Growth / Antonella Delle Fave, Fausto Massimini, Marta Bassi |
| Pubbl/distr/stampa | Dordrecht, : Springer, 2011 |
| Descrizione fisica | XVII, 369 p. ; 24 cm |
| Altri autori (Persone) | Bassi, Marta
Massimini, Fausto |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| 2. Record Nr. | UNINA9910576886703321 |
| Autore | Silva Paula |
| Titolo | Benefits of the Mediterranean Diet-Wine Association: Role of Components |
| Pubbl/distr/stampa | Basel, : MDPI - Multidisciplinary Digital Publishing Institute, 2022 |
| Descrizione fisica | 1 online resource (208 p.) |
| Soggetti | Humanities
Social interaction |
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| Sommario/riassunto | The Mediterranean diet is a model of eating based on the traditional foods and drinks of the countries surrounding the Mediterranean Sea. The cultural and the nutritional aspects of the multiseular |

Mediterranean civilization include diet as a central element of health and wellbeing, including wine, if it is consumed in moderation. In recent decades, it has been promoted worldwide (UNESCO 2010) as one of the healthiest dietary patterns. The objective of this book is to bring the role of wine as part of the Mediterranean diet to light, especially through policy makers, the medical world, and vectors of images.
