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Nota di contenuto	Title Page; Contents; Preface; 1 Overview; 1.1 Development of the MedDiet; 1.1.1 A brief history of the MedDiet; 1.1.2 The traditional MedDiet and present day MedDiets; 1.1.3 International differences; 1.1.4 National representations of the MedDiet; 1.1.5 Sources of information for the general public; 1.2 Lifestyle factors; 1.2.1 Meal patterns; 1.2.2 Siestas; 1.2.3 Physical activity; 1.2.4 Sunshine; 1.3 Health benefits; 1.3.1 Mediterranean dietary patterns; 1.3.2 Endorsements; 1.4 The MedDiet, past, present and future; 1.4.1 Current trends; 1.4.2 The Greek experience; 1.4.3 Not all bad news 1.4.4 Future prospectsReferences; SECTION 1: CONSTITUENTS; 2 Constituents and Physiological Effects of Mediterranean Plant Foods; 2.1 Introduction; 2.2 Carbohydrates; 2.2.1 Glycaemic index; 2.2.2 Honey; 2.2.3 Physiological effects of carbohydrates; 2.2.4 Fibre; 2.3 Fats; 2.4 Organic acids; 2.5 Minerals; 2.6 Vitamins; 2.6.1 Water soluble vitamins; 2.6.2 Fat soluble vitamins; 2.7 Phytochemicals; 2.7.1 Classes of phytochemicals; 2.7.2 Sensory properties of phytochemicals; 2.7.3

Phenolics; 2.7.4 Terpenes; 2.7.5 Sulphur-containing compounds; 2.7.6 Polyacetylenes
2.7.7 Nitrogen-containing compounds2.8 Mediterranean plants as medicines; References; 3 Influences of the Supply Chain on the Composition of Mediterranean Plant Foods; 3.1 Significance of the supply chain; 3.2 Growth conditions; 3.2.1 A brief overview of plant metabolism; 3.2.2 Soil; 3.2.3 Sun; 3.2.4 Water; 3.2.5 Other environmental factors; 3.3 Plant cultivar; 3.4 Food retailers and food processing; 3.4.1 Anatomical distribution of nutrients; 3.4.2 Freshness; References; 4 Influences of Food Preparation and Bioavailability on Nutritional Value; 4.1 Introduction; 4.2 Food preparation
4.2.1 Chopping4.2.2 Cooking; 4.3 Nutrient bioavailability; 4.3.1 Pharmacokinetics of phytochemicals; 4.3.2 Liberation; 4.3.3 Absorption; 4.3.4 Distribution; 4.3.5 Metabolism; 4.3.6 Excretion; 4.3.7 Inter-individual variations in phytochemical pharmacokinetics; References; 5 Guide to the Composition of Mediterranean Plant Foods; 5.1 Types of plant foods consumed as part of a MedDiet; 5.1.1 Consumption; 5.1.2 Diversity of consumption; 5.2 Vegetables; 5.2.1 Green leafy vegetables; 5.2.2 Other green vegetables; 5.2.3 Root vegetables; 5.2.4 Alliums; 5.2.5 Solanaceous vegetables; 5.2.6 Legumes
5.3 Wheat products5.4 Fruits; 5.4.1 Citrus fruits; 5.4.2 Apples and related fruits; 5.4.3 Stone fruits; 5.4.4 Grapes; 5.4.5 Other berries; 5.4.6 Pomegranates; 5.4.7 Figs; 5.4.8 Dates; 5.4.9 Olives; 5.5 Herbs and spices; 5.6 Nuts and seeds; 5.6.1 Nuts; 5.6.2 Seeds; References; 6 Olive Oil and Other Fats; 6.1 Overview; 6.2 Olive oil; 6.2.1 Consumption and production; 6.2.2 Origin and varieties of olive trees; 6.2.3 Olive oil production; 6.2.4 Traceability and European regulations; 6.2.5 Biochemical composition; 6.3 Other fat sources; 6.3.1 Nuts and seeds; 6.3.2 Herbs and spices
6.3.3 Meat and dairy

Sommario/riassunto

Recent large-scale epidemiological studies have confirmed the pre-eminence of the Mediterranean diet for reducing the risk of primary and secondary heart disease and cancer. There is also increasingly convincing evidence for its protective value against diabetes, dementias and other age-related disorders, and for increasing overall longevity. The Mediterranean Diet: Health and Science is a timely, authoritative and accessible account of the Mediterranean diet for nutritionists and dieticians. It discusses the Mediterranean diet in the light of recent developments in nutritional biochemis

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Sommario/riassunto	This book studies the practical experience and theoretical development of rule of law in China, and provides fundamental theory for the construction of rule of law in contemporary China. The author examines the rule of law by exploring the entire legal system, and highlighting various aspects including the legislation, law enforcement and supervision systems. Readers will also discover the author's strong

opinions on scientific legislation, legal government, judicial reform, and the culture of rule of law. This highly readable book will appeal to both general readers and researchers interested in rule of law in China.
