

1. Record Nr.	UNINA9910410651703321
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Titolo	The Mediterranean way of eating : evidence for chronic disease prevention and weight management // John J.B. Anderson and Marilyn C. Sparling
Pubbl/distr/stampa	Boca Raton : , : Taylor & Francis, , [2014] ©2014
ISBN	1-000-21895-3 0-429-17284-2 1-4987-3696-3 1-4822-3125-5
Descrizione fisica	1 online resource (264 p.)
Disciplina	641.59/1822 641.591822
Soggetti	Nutrition Diet - Mediterranean Region Cooking, Mediterranean Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	A CRC title.
Nota di contenuto	section 1. Mediterranean dietary patterns -- section 2. Protective health effects of the Mediterranean-style dietary pattern -- section 3. Eating the Mediterranean way.
Sommario/riassunto	Scientific evidence accumulated over decades validates the idea that a plant-based dietary pattern, such as the traditional Mediterranean way of eating, promotes health and plays an important role in risk reduction and prevention of several chronic diseases. One of the great advantages of the Mediterranean diet is that it can be easily adopted by other cultures because it is flexible and highly palatable. The Mediterranean Way of Eating: Evidence for Chronic Disease Prevention and Weight Management offers evidence-based information about an enjoyable, healthy way of eating that has s