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Titolo	The Mediterranean way of eating : evidence for chronic disease prevention and weight management / / John J.B. Anderson, Marilyn C. Sparling
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Descrizione fisica	1 online resource (279 pages)
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Sommario/riassunto	This book presents evidence-based research that validates the traditional Mediterranean way of eating with respect to health. It offers information about an enjoyable, healthy way of eating that has stood the test of time, along with practical suggestions for incorporating the Mediterranean diet into daily life. The book addresses nutrients found in Mediterranean foods, how they function in the body, and why they are essential for optimal health. It highlights the Mediterranean diet's effectiveness in weight management and prevention and treatment of various chronic diseases.