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| Nota di contenuto       | A healthy-eating model called mediterranean diet / Almudena, Sanchez-Villegas and Itziar Zazpe -- Epidemiological and nutritional methods / Estefania Toledo -- Not all fats are unhealthy / Ligia J. Dominguez and Mario Barbagallo -- Virign olive oil / Almudena Sanchez-Villegas and Ana Sanchez-Tainta -- A small handful of mixed nuts / Maira Bes-Rastrollo and Ana Sanchez-Tainta -- Fruits and vegetables / Angeliki Papadaki and Ana Sanchez-Tainta -- Cereals and legumes / Karen J. Murphy, Iva Marques-Lopes and Ana Sanchez-Tainta -- More fish, less meat / Mary K. Downer and Ana Sanchez-Tainta -- Red wine moderate consumption and at mealtimes / Alfredo Gea and Ana Sanchez-Tainta -- The mediterranean lifestyle / Ignacio Ara -- A healthy diet for your heart and brain / Almudena Sanchez-Villegas and Elena H. Martinez-Lapiscina -- The mediterranean cook / Maria Soledad Hershey and Ana Sanchez-Tainta. |