

1. Record Nr.	UNINA9910765997903321
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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	2014 Boca Raton, Florida : , : CRC Press, , [2014] ©2014
ISBN	9781000218954 1000218953 9780429172847 0429172842 9781498736961 1498736963 9781482231250 1482231255
Edizione	[1 ed.]
Descrizione fisica	1 online resource (264 p.)
Classificazione	HEA017000MED004000MED022000
Disciplina	641.59/1822 613.2091822
Soggetti	Nutrition Diet - Mediterranean Region Cooking, Mediterranean
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	A CRC title.
Nota di bibliografia	Includes bibliographical references and index.
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
