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Sommario/riassunto	Implementing the Mediterranean Diet: Nutrition in Practice and Public Health situates this 'gold standard' of diets within the wider food environment by bridging the gap between the evidence-based health benefits of the Mediterranean diet and its implementation. The text explores the many approaches that can be used by health professionals to help consumers adopt this healthy eating pattern, as well as the barriers encountered with implementing this diet at home and in the wider environment. It also considers sustainable food and farming practices, and national food strategies.