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Reviews

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Unlike many other ethnic cuisines, Mediterranean cuisine is not the product of a specific ethnic group or culture. Rather, it is a label referring to the culinary trends shared by a diverse array of peoples that live in the region around the Mediterranean Sea. While the Mediterranean cuisine is understood to be a unified culinary tradition in this country, in reality, there is a vast amount of cultural variance in the cooking found in this geographic region. What is Mediterranean food s secret to better health? The Mediterranean diet is rich in lean proteins, like chicken, fish and legumes; fresh fruits and vegetables; whole, unprocessed grains; seeds and nuts; healthy fats like olive oil; and a limited intake of dairy and red meats. It all adds up to a nutritionally balanced diet that promotes improved overall health and well-being.



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