

Mediterranean Diet Cook Book

The Mediterranean diet has been identified as one of the best health diets for a longer life expectancy. Researchers have identified the menu of vegetables, fruit, nuts, legumes, beans, olive oil preparations and seafood and low consumption of poultry, eggs and red meat as the most suitable way to check diet and evade chronic diseases -- especially heart diseases. In fact, it is the availability and right combination of these food products that has made the Mediterranean diet healthy and balanced. Many Americans and Europeans suffer from heart ailments, obesity, gallstones, diabetes and cancer caused by excessive intake of animal fat, faulty diet and low exercise regimes. The Mediterranean diet matches set diet guidelines, and was popularized through studies and research conducted on Mediterranean people. With this came a series of cookbooks to lead a healthy diet. The Mediterranean diet cookbook is a compilation of information on the three continents of the Mediterranean region, their recipes and relished food. These books provide various methods of food preparation such as appetizers, salads, desserts and main course meals. These methods are practiced by the population in the Mediterranean region. Even though most of the cookbooks fail to explain the typical traditional Mediterranean diet, they contain modified or variations of the recipes. The Mediterranean diet cookbook does not promote any kind of weight loss. Instead, it promotes a healthy diet through filling and tasty food that help reduce weight naturally. Most books come with an introduction to the island, relevant information on Mediterranean diet food and their nutritional value and lots of delicious recipes. The recipes suggested in the cookbooks are a collection of food prepared in the different states that form the Mediterranean region. The common point in all promote olive oil as the best form of fat to lowers cholesterol and work as an anti-oxidant. The preparations include vegetables, fruit, nuts and cereals, preferably unprocessed food. It also makes use of low to moderate amounts of wine, yogurt, milk and cheese. The cookbook also recommends limited amounts of fish, chicken, eggs and meat. As such, the Mediterranean diet cookbook provides the necessary guidelines for a healthy diet low in fat, salt, sugar and starch.

About the Author

Whether you are on a low carb, no carb, low fat, no fat, no sugar, point system, or counting calorie diet, the Flavor Spray is right for you.

Source: <http://www.productsherbal.com>