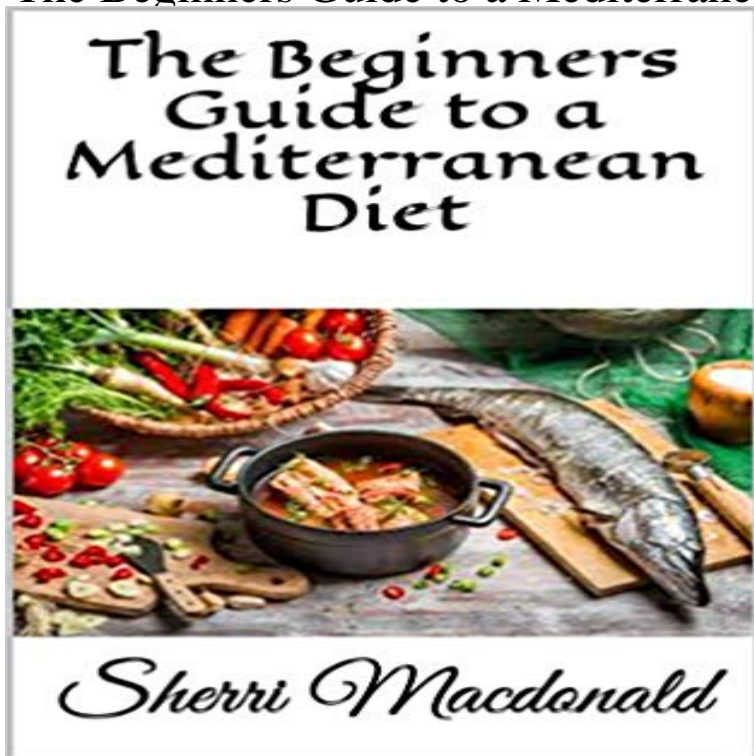


The Beginners Guide to a Mediterranean Diet



For years, scientists and health experts have observed and confirmed that the citizens of the countries surrounding Mediterranean have much lower occurrences of obesity, hypertension, diabetes, cardiovascular disease and cancer. Renowned health service provider the Mayo Clinic labels the Mediterranean diet as the top heart-healthy diet. Whether you just recently discover the health benefits of Mediterranean diet or simply looking for new and exciting recipes to try out; this comprehensive guide on Mediterranean cooking gives you simple yet delicious recipes packed with whole grains, fresh fruits, vegetables, fish and heart-healthy fats traditional to Spain, Italy, and Greece. Switching to the Mediterranean diet gives you long-term health benefits, lowers food and sugar cravings, without any feeling of deprivation.

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