



# Mediterranean Diet Cookbook For Dummies

*Meri Raffetto, Wendy Jo Peterson*

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**Mediterranean Diet Cookbook For Dummies** Meri Raffetto, Wendy Jo Peterson  
**Improve your health, lose weight, and prevent and fight disease**

For decades, doctors and nutritional experts have observed and confirmed that Mediterranean countries have much lower occurrences of hypertension, cardiovascular disease, obesity, cancer, and diabetes in their citizens than northern European countries and the United States. *The Mediterranean Diet For Dummies* features expert advice on transitioning to this healthful lifestyle by providing meal planning tips, exercise regimens, and more than 150 recipes inspired by the cuisines of Italy, Greece, southern France, and Spain to improve your health, lose weight, and prevent and fight disease.

Rather than focusing on restricting certain foods and ingredients, the Mediterranean diet embraces a variety of food choices that promote freshness, whole grains, healthy fats, more vegetables and less meat, understanding proper portion control, and using items like wine and olive oil to create rich flavors. With *The Mediterranean Diet For Dummies* you'll find out how a delicious diet can reduce the long-term risk of obesity, heart disease, Parkinson's and Alzheimer's diseases, and more.

- More than 150 tasty recipes
- Expert tips on meal planning, exercise regimens, and healthy lifestyle choices
- Prevent and fight diseases by eating delicious food

Whether you're just discovering the healthfulness of the Mediterranean diet or are looking for some new recipes to add to your repertoire, *The Mediterranean Diet For Dummies* has everything you need to start living a healthier life.

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