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The main food principles of a traditional Mediterranean diet include the following: Eating five to nine servings of fruits and vegetables each day. Enjoying fish or seafood several times a week. Eating smaller portion sizes of beef, poultry, and grains.

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Heard about the Mediterranean Diet and many other books I saw didn't appeal to me as far as the menu went. Found this one and ordered it. Although I haven't had a chance to use it much yet - I like the simplicity of the recipes shown inside and anxious to use it.

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Wiley Mediterranean Diet For Dummies Rachel Berman

Featuring 20 delicious and nutritious recipes and chock-full of tips from consuming the best oils to whether wine is okay with meals (it is), Mediterranean Diet For Dummies serves as the formula for maximizing success in

achieving ideal weight and health.

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Mediterranean diet recipes Mayo Clinic

Mediterranean diet recipes. Indeed, the Dietary Guidelines for Americans point to the Mediterranean diet as an example of a healthy-eating plan. The Mediterranean diet emphasizes plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts. It replaces butter with healthy fats, such as olive oil and canola oil,

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Your Guide to the Mediterranean Diet Make Each Day

Yogurt, cheese, poultry, and eggs form a central part of the Mediterranean Diet and are eaten in moderate portion sizes several times a week. Cheese, for example, is eaten regularly but in small amounts. Fish and Seafood occupy their own section, since they are important sources of protein.

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