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### **Origins and definition of the healthy Mediterranean diet**

I use the word diet in this section not as a weight-loss program, but the usual food and drink of a person. Twenty-one countries have a coastline of the Mediterranean sea, and additional countries are in the Mediterranean region.

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### **Mediterranean diet for heart health Mayo Clinic**

The Mediterranean diet is a heart-healthy eating plan that emphasizes fruits, vegetables, whole grains, beans, nuts and seeds, and healthy fats.

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