

## **SPANISH MEDITERRANEAN DIET**



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This protein ketogenic diet was called "Spanish Ketogenic Mediterranean Diet" (SKMD) due to the incorporation of virgin olive oil as the principal source of fat, moderate red wine intake, green vegetables and salads as the main source of carbohydrates and fish as the main source of proteins.

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### **Spanish food The Mediterranean Diet Torrevieja Translation**

spanish food: the mediterranean diet The word diet comes from the Greek word diaita , which means balanced lifestyle . Therefore, the Mediterranean Diet is the lifestyle that the Mediterranean people has had throughout their history.

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### **Spain's Mediterranean diet A healthy diet spain info**

A diet made in Spain The Mediterranean diet is the basis of Spain's food and many of its principles are present in the tastiest Spanish dishes. For example, olive oil is the main complement in the Mediterranean diet.

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### **Spanish Ketogenic Mediterranean Diet Advanced**

Ever heard of the Spanish Ketogenic Mediterranean Diet? It looks like a low-carb quasi-Mediterranean diet. Researchers with the University of Cordoba in Spain studied 40 subjects eating a low-carb Mediterranean diet for 12 weeks.

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### **WHAT S THE MEDITERRANEAN DIET FUNDACI N DIETA MEDITERRANEA**

The Mediterranean Diet is a valuable cultural heritage that is much more than just a tasty and healthy dietary

pattern. It is a balanced lifestyle that includes recipes, cooking methods, celebrations, customs, local products and various activities.

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