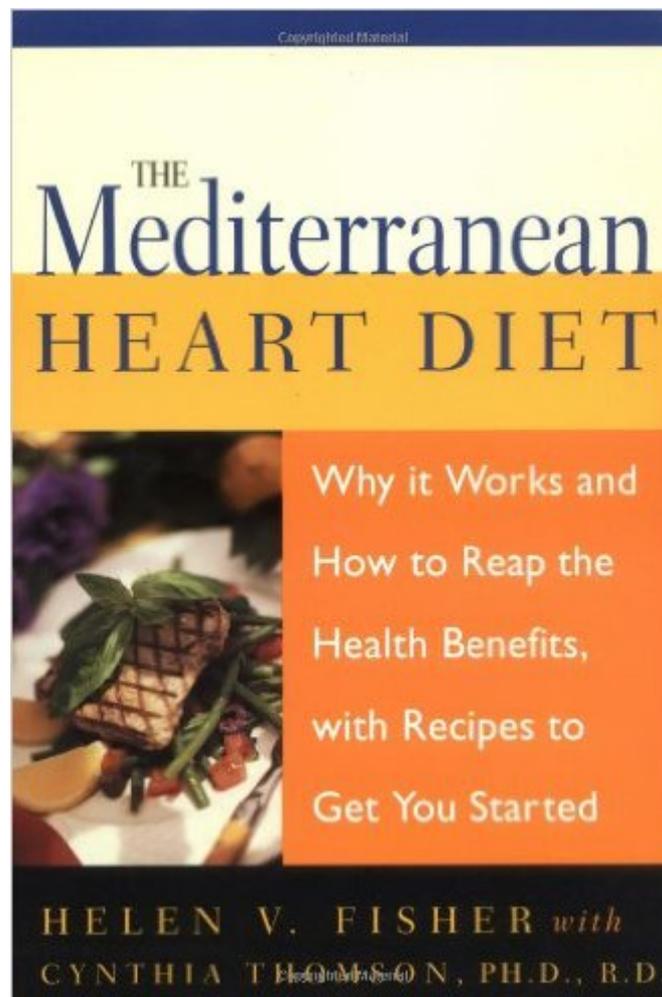


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# The Mediterranean Heart Diet: Why It Works And How To Reap The Health Benefits, With Recipes To Get You Started



## Synopsis

Most people know that a Mediterranean-style diet is "good for them," but many lack the information that determines the diet's success. The Mediterranean Heart Diet does what most doctors who recommend the diet don't: spells out which foods are "out" and which are "in," and why. Doctors recommend a Mediterranean eating style to thousands who are diagnosed each year with heart disease because it is "heart-healthy"-it promotes lower saturated-fat consumption, and helps lower cholesterol and blood pressure levels. It is an all-purpose style of eating that also benefits those at risk of developing certain cancers and those with a diabetic condition, because it is high in antioxidant-rich foods and whole grains. The Mediterranean Heart Diet not only provides a full range of satisfying recipes but also covers the science behind the diet's health benefits. Readers learn to create their own healthful eating plans and establish new habits. More than 140 delicious recipes are included, from satisfying Lentil and Broccoli Soup to tangy Halibut in Citrus Sauce. All recipes feature nutritional analysis by serving, including food exchanges.

## Book Information

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## Customer Reviews

I cook for my father who recently had bypass surgery, he also has congestive heart failure. The Mediterranean diet was recommended for him. I love this book, so far every recipe I have tried from Artichoke/hazelnut soup to the Beef stew to the Meatballs mozerella has been wonderful. The description of the diet in the beginning of the book is helpful and thorough. A plus for me was that a Registered Dietitian was involved in the writing of the book. I think the recipes in the book are easy

and doable for everyone. (I have read other Mediterranean cookbooks which have very difficult and exotic recipes.) Its a good starting book if you want to try a healthful diet.

The Mediterranean Heart Diet by Helen V. Fisher with Cynthia Thomson, Ph.D., R.D is written very clearly and is persuasive in its effort to help us be healthier. My doctor recommended it during a physical that I had recently when he let me know that I was too fat especially around the stomach area. As soon as the book arrived from , about four weeks ago, I started the diet and have lost about five lbs so far. It has been no great strain to stick with it which I plan to do from now on.

I love the food. I never realized there were so many different Herb and spices and what they were for. I always used Garlic salt instead of real Garlic. I replaced our regular salt with sea salt. Our cooking oil is now extra virgin olive oil. I am not only enjoying great food but healthier meals and I feel great.

This is a diet that the average person can live with and lose weight with for the rest of their lives. It isn't fast but steady, you're not hungry and you can have veggies and fruits, and pastas, chicken & fish. And occasionally dessert and red meat. I only wish there were more sample menus or more about portions. I am losing weight at about 2 or 3 lbs. weeks and I love it!

I've enjoyed many of the recipes, easy and not a bunch of wild, weird stuff to buy. The information about the diet helps you make a change of life style and way of eating. I highly recommend this book.

If you have never heard of the "Mediterranean Diet" you will enjoy this book. I am almost 1 year into using this diet (and 25 pounds lighter). I am always looking for more "new" recipes. This book is light on recipes, but good on the theory and explanation.

If you want a cookbook this is it. Three fourths of this book is recipes. I haven't tried any yet since the book was such a disappointment. I bought the book expecting to be able to incorporate the mediterranean diet into my lifestyle, but mainly got nutritional information. There was very little information on how to eat this way. There are lists of foods that you can eat but every nutritional book I have gives lists of foods. I was expecting more. Like what should I be eating for breakfast, lunch and dinner....the book does give a one day menu for women and a one day menu for men but

that's not enough. So if you are looking for a cookbook you found it but if you are looking for something to show you how to eat the mediterranean way this book barley scratches the surface. I will be searching for another book on the subject.

Trying to eat healthier. Made a few recipes and love them. Delicious and simple. I'd put more garlic and onions in, but so far I haven't found a recipe I don't like. The only reason I give it 4 instead of 5 stars is because breakfast gets a passing sentence and that's it. Breakfast in our house is important and the author should have included a few Mediterranean recipes for that meal. Also, nuts are addressed but not one mention of pecans occurs in the entire book. It's as if the author has never eaten one. :)

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