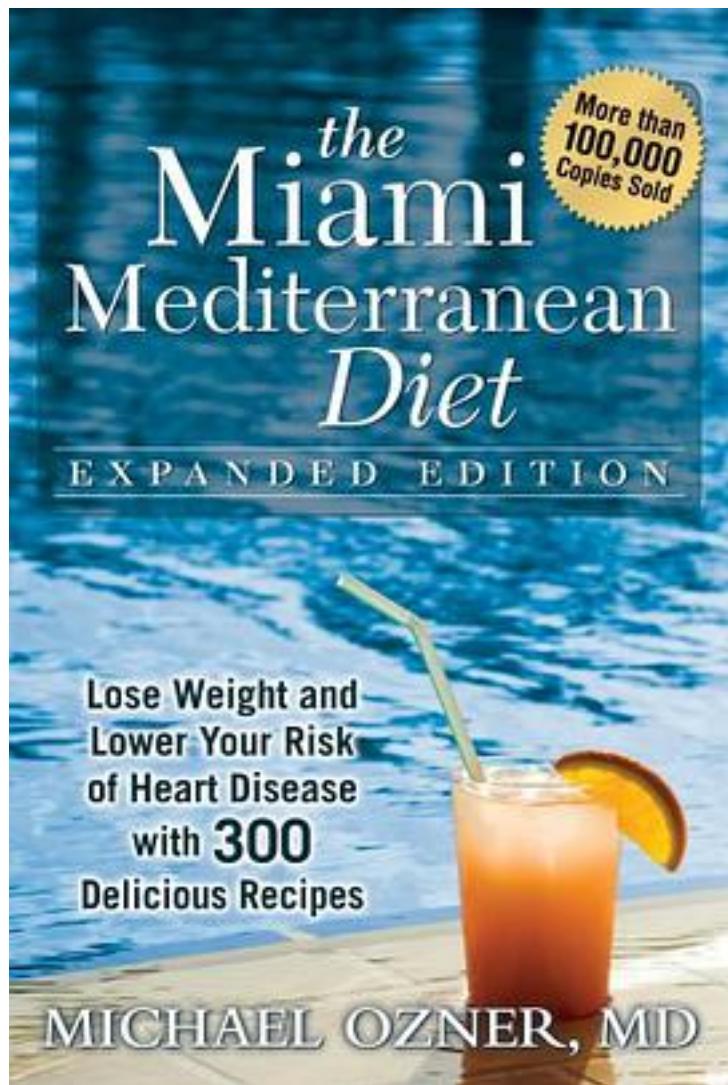


The Miami Mediterranean Diet



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A board-certified cardiologist makes the case for a diet that is good for both heart and figure in this simple yet powerful program based on the Mediterranean way of cooking and eating. The first section details the principles of the Mediterranean approach to food and explains how they affect the body. It presents evidence that including a variety of whole unprocessed foods high in antioxidants and low in saturated and trans fats in a diet is clinically proven to decrease the inflammation that leads to the development and progression of heart disease, cancer, diabetes, and other major diseases. The second section provides a 14-day meal plan based on a way of eating that has been in existence for thousands of years, and is both delicious and easy to prepare. Anyone wanting to lose weight safely and lower the risk of heart disease will be inspired by this food-friendly approach to nutrition and cardiac health. The menus presented are based on fish, olive oil, red wine, and other staples of Mediterranean cuisine and are designed to reverse the debilitating effects of the typical high-fat, pro-inflammatory Western diet. More than 300 tantalizing recipes are provided, including Spanish Paella with Saffron Rice, Tuscan Braised Fennel, and Sweet Italian Rice Pudding. This new, expanded edition includes up-to-date nutritional information, more evidence of the benefits of the Mediterranean diet and lifestyle, and additional delicious recipes.

作者介绍:

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