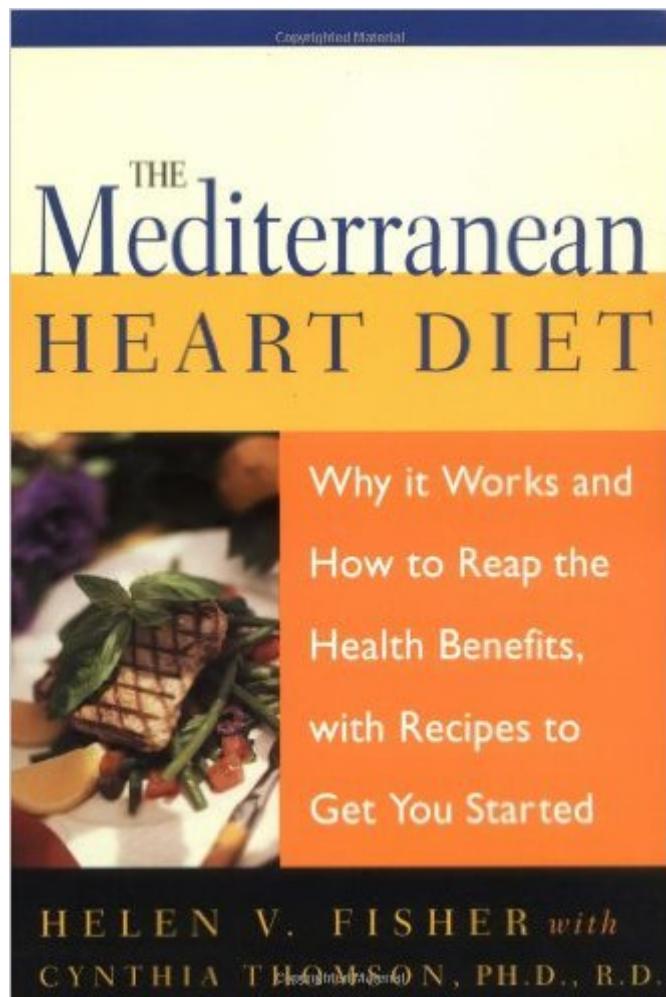


The book was found

# 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**

Paperback: 240 pages

Publisher: Da Capo Press; 1 edition (June 21, 2001)

Language: English

ISBN-10: 1555612814

ISBN-13: 978-1555612818

Product Dimensions: 0.5 x 6 x 9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 starsÂ  See all reviewsÂ  (30 customer reviews)

Best Sellers Rank: #462,705 in Books (See Top 100 in Books) #287 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #4240 inÂ  Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets #6077 inÂ  Books > Cookbooks, Food & Wine > Special Diet

## **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 occassionaly dessert and red meat. I only wish there were more sample menues 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" receipies. This book is light on receipies, but good on the theory and explaination.

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. :)

[Download to continue reading...](#)

The Mediterranean Heart Diet: Why It Works And How To Reap The Health Benefits, With Recipes To Get You Started Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes) Mediterranean Diet: 30 MINUTE Mediterranean Diet Cookbook with 80 Mediterranean Diet Recipes to Help You Lose Weight, Increase Energy & Prevent Disease ... (Mediterranean Diet & Cookbook Series 2) Mediterranean Diet: 365 Days of Easy, Delicious, and Healthy Mediterranean Diet Recipes (Mediterranean Diet Cookbook, Mediterranean Diet for Weight Loss) Mediterranean Diet: The 4 weeks Challenge (Mediterranean Diet Cookbook, Mediterranean Diet for Beginners, Mediterranean Diet Meal Plan) Top 200 Mediterranean Diet Recipes Bundle: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks and Dinner) Mediterranean Diet for Weight Loss: Eat Like a Spartan: Leverage Mediterranean Diet To Achieve Spartan-Like Health, Lose Weight, Get Fit, All While Eating ... (Mediterranean diet, Mediterranean recipes) Mediterranean: Slow Cooker: Paleo: Crockpot: Box Set: The Ultimate Recipes Cookbook Box Set(30+ Free Books Included!) (Mediterranean Diet, Mediterranean ... Beginners Guide, Mediterranean, Cooking) Mediterranean Diet: The NEW Mediterranean Diet-30 Day QuickStart Guide To Fast Fat Loss And AMAZING Health! (Includes 45 MouthwateringDelicious Recipes) ... diet, high blood pressure diet,) Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet, the blood sugar solution,) Mediterranean Diet: The Mediterranean Diet for Beginners: 110 Delicious Recipes and The Complete Guide to Going Mediterranean Mediterranean Diet: Revealed! 65 Delicious Mediterranean Diet Cookbook Recipes Sure To Delight and Amaze All While Losing

Inches (mediterranean cookbook, ... weight loss motivation, weight loss tips 1) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) MEDITERRANEAN DIET: Vol.3 Dinner Recipes (Mediterranean Diet Recipes)

[Dmca](#)