



The Mediterranean Diet: An Evidence-Based Approach

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The Mediterranean Diet offers researchers and clinicians a single authoritative source which outlines many of the complex features of the Mediterranean diet: ranging from supportive evidence and epidemiological studies, to the antioxidant properties of individual components. This book embraces a holistic approach and effectively investigates the Mediterranean diet from the cell to the nutritional well-being of geographical populations. This book represents essential reading for researchers and practicing clinicians in nutrition, dietetics, endocrinology, and public health, as well as researchers, such as molecular or cellular biochemists, interested in lipids, metabolism, and obesity.

- Presents one comprehensive, translational source for all aspects of how the Mediterranean diet plays a role in disease prevention and health
- Experts in nutrition, diet, and endocrinology (from all areas of academic and medical research) take readers from the bench research (cellular and biochemical mechanisms of vitamins and nutrients) to new preventive and therapeutic approaches
- Features a unique section on novel nutraceuticals and edible plants used in the Mediterranean region



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