

## [SPANISH MEDITERRANEAN DIET](#)



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One of the most interesting facts about the Mediterranean diet, and perhaps the reason why it has generated so much attention in the USA is that although 40-50% of the calories in the traditional Mediterranean diet come from fat, the incidence of heart disease and cancer in the Mediterranean is lower than in the USA.

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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. This balanced lifestyle had been passed through generations.

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

The Mediterranean diet is based on a balanced and complete diet following principles such as simple preparation and the use of fresh, local products, and if possible, seasonal. In Spain you enjoy it in several ways: taste it in restaurants, discover its products in the markets or at a meal with friends, for example.

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### **RunKeto com Spanish Ketogenic Mediterranean Diet**

The ketogenic diet is a high-fat, adequate-protein, low-carbohydrate diet. The diet forces the body to burn fats rather than carbohydrates. Normally, the carbohydrates contained in food are converted into glucose, which is then transported around the body and is particularly important in fuelling brain function.

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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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Ketogenic diets are an effective healthy way of losing weight since they promote a non-atherogenic lipid profile, lower blood pressure and decrease resistance to insulin with an improvement in blood levels of glucose and insulin. On the other hand, Mediterranean diet is well known to be one of the

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### **Spanish Lessons Advanced Inter 22 The Mediterranean Diet**

The Spanish are very proud of their diet and rightly so. Studies show that it leads to good health and a long life. Listen in as Mercedes and Maribel give their opinions on what is a typical

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