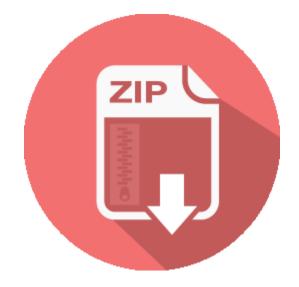
SPANISH MEDITERRANEAN DIET



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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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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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Spanish Ketogenic Mediterranean diet a healthy

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

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