



Mediterranean Diet: Dietary Guidelines and Impact on Health and Disease (Nutrition and Health)

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This text is an especially timely new text as the number of studies focusing on the impact of the Mediterranean diet on disease prevention increases every year. The fundamental question addressed in this text is how food components and behavior of the Mediterranean diet reduce the risk of chronic diseases. In-depth chapters provide an overview of preclinical and clinical studies on Mediterranean dietary patterns, food components and lifestyle and their impact on health and disease. Large-scale “omic” approaches are highlighted to educate the reader about the molecular mechanisms through which specific components of the Mediterranean diet improves health and the opportunities and challenges for translating into practice the food recommendations of the Mediterranean pyramid. The volume concludes with information about the nutritional adequacy of Mediterranean foods and provides selected recipes.

Mediterranean Diet: Impact on Health and Disease will be of great interest to students, clinicians, and scientists engaged in promoting health through nutrition and physical activity.

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