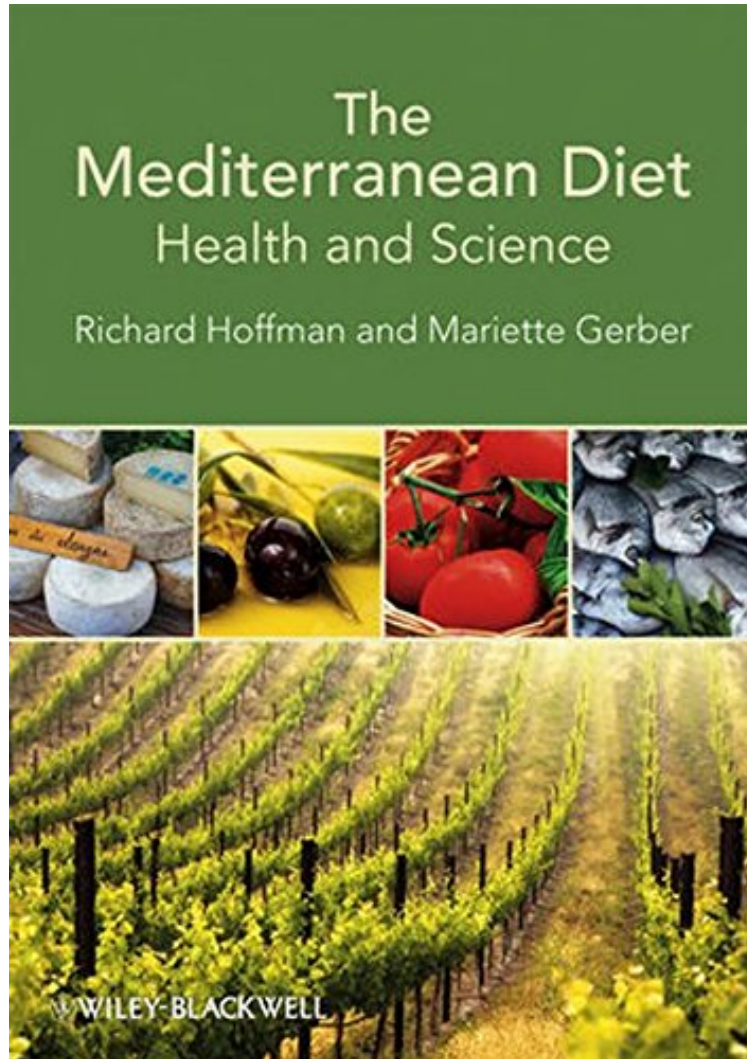


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## The Mediterranean Diet: Health and Science

*Richard Hoffman, Mariette Gerber*  
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**Richard Hoffman, Mariette Gerber : The Mediterranean Diet: Health and Science** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Mediterranean Diet: Health and Science:

Recent large-scale epidemiological studies have confirmed the pre-eminence of the Mediterranean diet for reducing the risk of primary and secondary heart disease and cancer. There is also increasingly convincing evidence for its protective value against diabetes, dementias and other age-related disorders, and for increasing overall longevity. The Mediterranean Diet: Health and Science is a timely, authoritative and accessible account of the

Mediterranean diet for nutritionists and dietitians. It discusses the Mediterranean diet in the light of recent developments in nutritional biochemistry, disease mechanisms and epidemiological studies, and also provides advice on nutrition policies and interventions. The Mediterranean Diet: Health and Science opens with an overview of the Mediterranean diet, and this is followed by a survey of the latest epidemiological evidence for its health benefits. There is detailed nutritional information on olive oil, wine, fish, fruit and vegetables and other components of the Mediterranean diet, and this information is used to explain how the diet protects against a range of age-related diseases. The book emphasises the importance of understanding the Mediterranean diet in its totality by discussing the evidence for beneficial interactions between various components of the diet. There are also discussions of how agricultural practices, as well as food preparation and cooking techniques, influence the nutritional quality of the diet. The book concludes by discussing the social context in which the Mediterranean diet is eaten, and public health issues associated with adopting a Mediterranean diet, especially in the context of more northerly countries. Written by nutritional biochemist Richard Hoffman and a past President of the French Nutrition Society, Mariette Gerber, who between them have many years experience in this area, this exciting and highly topical book is an essential purchase for all nutritionists and dietitians worldwide. Libraries in all universities where nutrition, dietetics and food science and technology are studied and taught should have copies of this excellent book on their shelves.

Named CHOICE Outstanding Title for 2012 "Overall, this a highly useful work of international significance, based on food science, cell biology, nutritional biochemistry, and first-rate investigative reporting. Summing Up: Essential. Lower-division undergraduates through professionals/practitioners." (Choice, 1 October 2012) From the Back Cover The Mediterranean Diet: Health and Science is a must-have introduction to the health benefits of the Mediterranean diet, and the epidemiological and experimental evidence that underpins these benefits. This book is a timely, authoritative and accessible account of the Mediterranean diet for nutritionists and dietitians. It discusses the Mediterranean diet in the light of recent developments in nutritional biochemistry, disease mechanisms and epidemiological studies, and also provides advice on nutrition policies and interventions. Recent large-scale epidemiological studies have confirmed the pre-eminence of the Mediterranean diet for reducing the risk of primary and secondary heart disease and cancer. There is also increasingly convincing evidence for its protective value against diabetes, dementias and other age-related diseases, and for increasing overall longevity. The importance of the Mediterranean diet was recently highlighted by its inclusion in UNESCO's Intangible Cultural Heritage list. The Mediterranean Diet: Health and Science opens with an overview of the Mediterranean diet, followed by a survey of the latest epidemiological evidence for its health benefits. There is detailed nutritional information on olive oil, wine, fish, fruit and vegetables, and other components of the Mediterranean diet, and this information is used to explain how the diet protects against a range of age-related diseases. The book emphasises the importance of understanding the Mediterranean diet in its totality by discussing the evidence for beneficial interactions between various components of the diet. There are also discussions of how agricultural practices, as well as food preparation and cooking techniques, influence the nutritional quality of the diet. The book concludes by discussing the social context in which the Mediterranean diet is eaten, and public health issues associated with adopting a Mediterranean diet, especially in the context of more northerly countries. About the Author Dr. Richard Hoffman, PhD, FRSA, is a Senior Lecturer in Biochemistry at the University of Hertfordshire, UK with over 15 years of experience of Teaching biomedical sciences, nutritional biochemistry and plant biochemistry to undergraduates and postgraduates. Dr. Mariette Gerber, MD, PhD, DSc, is a past President of the French Nutrition Society, and is currently an Expert at the National Food Council in France.