

# Download Mediterranean Diet Plan Heart Healthy Recipes Pdf

The Mediterranean Diet reflects a way of eating that is traditional in the countries that surround the Mediterranean, but you don't need to travel any further than your local supermarket to discover its delicious flavors and fresh foods. DASH stands for Dietary Approaches to Stop Hypertension which is a diet based on clinical studies. The research and science-backed plan is less likely about eating in small portions but more of a balanced eating plan for a healthy lifestyle. Expert advice on transitioning to this healthy lifestyle. The Mediterranean diet is a widely respected and highly acclaimed diet based on the food and lifestyles common to the people of Greece, Cyprus, Southern France, Spain, and coastal Italy. Enjoy food that's high in lean protein, with heart-healthy fats and good carbs from fruit, vegetables and whole grains. With South Beach you feel nourished and satisfied, unlike other low-carb approaches that don't distinguish between "good" and "bad" fats.