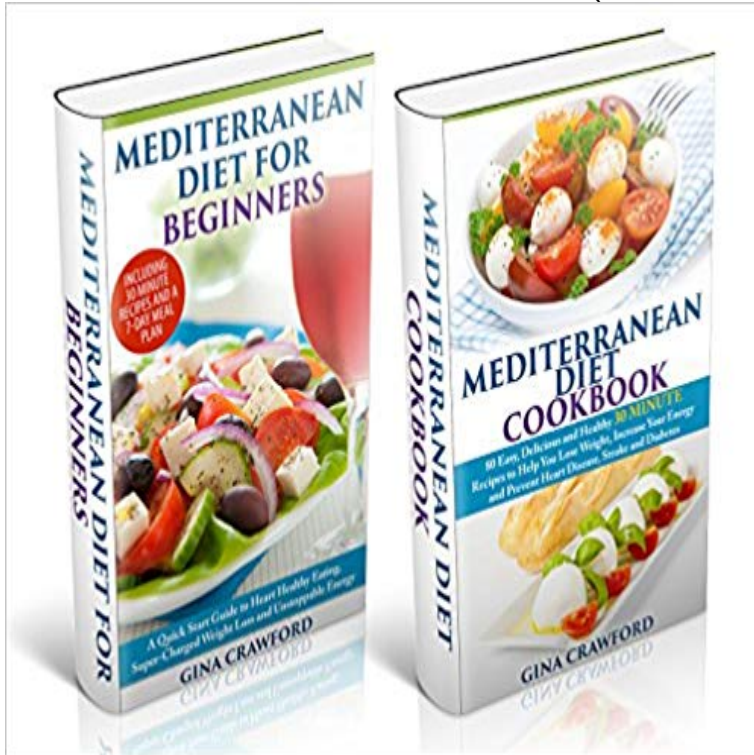


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The Mediterranean diet isnt formally a diet. Unlike many diets, the Mediterranean diet does not restrict or exclude certain foods rather it encourages eating a variety of foods in moderation. Some key elements of the Mediterranean diet include eating lots of fresh fruits, vegetables and whole grains, making olive oil your primary source of monounsaturated fat and consuming fish and seafood regularly for their omega-3 benefits. You can count on this handy health pack to dramatically improve your health. Mediterranean Diet for Beginners - A Quick Start Guide to Heart-Healthy Eating, Super-Charged Weight Loss and Unstoppable Energy will teach you all the ins and outs of the Mediterranean diet.... Mediterranean Diet for Beginners teaches you: The characteristics of the Mediterranean dietHow to switch to the Mediterranean

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