

Presenting new data on specific nutrients and their mechanisms of action in health and disease

This book is an update of the previous volume on Mediterranean diets published in 2000, which provided extensive reviews of the various diets existing in the Mediterranean region. Since then, a number of studies have been published on the relationship between a Mediterranean-type of diet and chronic diseases. However, because the 'diet score' used in those studies does not provide any information on the nutritional composition or quality of the diet, this publication takes an entirely different approach: Particular attention is given to the nutritional factors and their mechanisms in cardiovascular disease, cancer, metabolic syndrome and obesity, and the results of decreasing the  $\omega$ -6: $\omega$ -3 ratio and its anti-inflammatory effects on several biomarkers are evaluated. Moreover, the effects of olive oil, relative to its antioxidant properties, and the anti-inflammatory and anti-carcinogenic aspects of melatonin from plants and fruits common in the Mediterranean region are discussed.

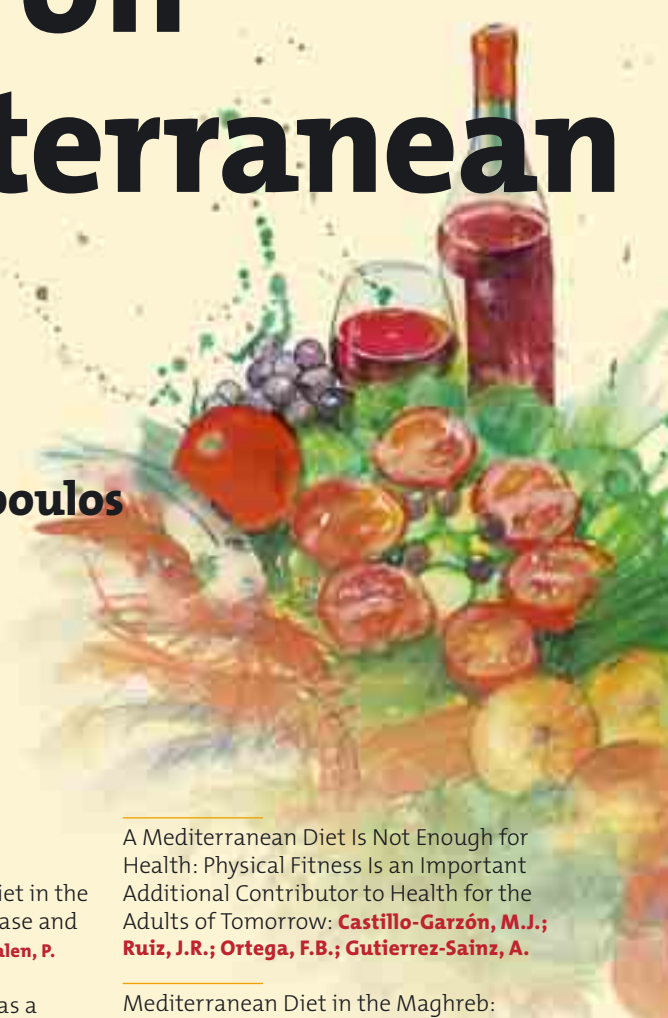
Illustrating that the combination of a balanced ratio of  $\omega$ -6: $\omega$ -3 fatty acids and antioxidants, along with wine and olive oil, are essential components of a healthy diet, this publication will be of interest to physicians, nutritionists, dietitians, food scientists and technologists, anthropologists, scientists in academia, agriculturalists, and policy makers.

*Fields of Interest:*  
Nutrition; Metabolism;  
Cardiovascular System; Oncology;  
Clinical Nutrition,  
Dietetics, Metabolic Diseases

# More on Mediterranean Diets

Editors:

**Artemis P. Simopoulos**  
**Francesco Visioli**



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**A.P. Simopoulos**  
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Contrary to popular belief, there is no such thing as one Mediterranean diet. This geographic region includes several nations with varied cultures, traditions, incomes and dietary habits, resulting in a wide variation of dietary patterns. This volume focuses on research data from basic science and clinical intervention studies that indicate that a balanced ratio of omega-6 and omega-3 fatty acids and a high antioxidant intake from fruits and vegetables, along with olive oil, contribute to a lower rate of heart disease and increased longevity. Descriptions of the diets of Crete, Greece in general, Italy, Spain and the Maghreb are given; these are followed by chapters on the nutritional and metabolic contributions of antioxidants, wine, olive oil and fatty acids.

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