Mediterranean Diets

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Data from basic science and clinical intervention studies are included which indicate that a balanced omega–6:omega–3 fatty acid ratio and a high antioxidant intake from fruits and vegetables, along with olive oil, contribute to a lower rate of heart disease and increased longevity. These benefits are especially pronounced in the population of Crete. The regional chapters are completed by contributions on the nutritional and metabolic characteristics of antioxidants, wine, olive oil and fatty acids, including the results from the Lyon Heart Study.

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Editors
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