

# **Seafood Resources**

# **Nutritional Composition And**

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**Food - Wikipedia**



Food is any substance consumed to provide nutritional support for an organism. Food is usually of plant,

animal or fungal origin, and contains essential nutrients, such as carbohydrates, fats, proteins,

vitamins, or minerals. The substance is ingested by an organism and assimilated by the organism's cells to

provide energy, maintain life, or stimulate growth.

# **The Mediterranean Diet: A History of Health**

1/5/2013 · The origins of the

“Mediterranean Diet” are lost in time because they sink into the eating habits of the Middle Ages, in which

the ancient Roman tradition - on the  
model of the Greek - identified in  
bread, wine and oil products a

symbol of rural culture and  
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the new faith), supplemented by



sheep cheese, vegetables (leeks,  
mallow, lettuce, chicory ...

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**Dietary Treatment of Obesity -  
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NHANES data reveals that 33% of

U.S. adults are overweight, (BMI of 25-29), over 35% are obese (BMI 30 or higher) and over 6% are extremely

obese (BMI greater than or equal to 40.0) (1). Obesity is a chronic medical condition requiring long-

term therapy (2, 3-5). If left untreated, overweight and obesity can increase the risk degenerative

diseases such as diabetes,  
hypertension, dyslipidemia ...

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**The Mediterranean Diet: A**

## **History of Health**

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