



La dieta mediterranea: Mito e storia di uno stile di vita (Saggi) (Italian Edition)

Elisabetta Moro

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Risalente alla Magna Grecia, scoperta dall'America, dichiarata dall'Unesco patrimonio immateriale dell'Umanità, la dieta mediterranea è più di un regime alimentare: in essa trovano espressione antiche tradizioni culturali e una lunga storia di convivialità. Se è il bestseller di Keys "How to eat well and stay well. The Mediterranean way" del 1975 a dare dignità scientifica e fama alla dieta mediterranea, è vero che essa preesisteva, come ricco sedimento di usanze e territorio, di divieti religiosi ed etici, di costumi antropologici, che il libro ripercorre tutti restituendoci la consapevolezza di una parte importante della nostra cultura materiale.

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