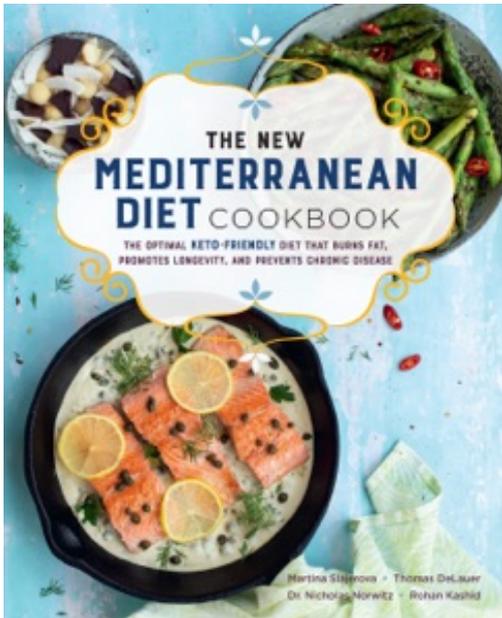


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The **Mediterranean diet** has long been touted as one of the world's healthiest diets, **renowned for its protective effects against heart disease, cancer, and other chronic illnesses**. However, its heavy inclusion of grains and carbohydrates can contribute to obesity and is a drawback for many. Also shown to have many health benefits, the

ketogenic diet stimulates the fat-burning and longevity-promoting state of ketosis by limiting carbs and emphasizing high-fat foods. While the keto diet is about the proportion of macronutrients (fats, protein, carbohydrates) in the food you eat, the Mediterranean diet is about specific food types: seafood, olive oil, colorful vegetables, and other anti-inflammatory foods.

This book is about living and **eating at the intersection of these complementary diets** so you can **reap the benefits of both**. While both diets advocate significant amounts of healthy fats and protein, the new Mediterranean approach to keto significantly shifts the fat profile of the diet to emphasize the monounsaturated and omega-3 fats that health experts agree promote living a long disease-free life. It also includes colorful vegetables, providing a diversity of nutrients and flavor. The result is an enhanced Mediterranean diet that **stokes metabolism, supports the gut and microbiome**, and is **anti-inflammatory, anti-aging, and nutrient-dense**.

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