Healthy diets around the world Harry Chen is a fitness expert. This is because firstly people eat small portions on separate small plates not one big plate Secondly some people eat until they are about 80 percentful then wait for ten minutes to see they are still hunpy This is called hors hachi bu 8 The Mediterranean diet Health empers know that a lot of oil in your det is unhealthy The Mediterranean det for example, in Greece, haly and Spam) contains a lot of ol but it very healthy det. There is along tradition of ingetarian food in the ama They eat some meat but not much in South India, they add a lot of herbs and spion le creamon and tumento fer cooking The spice not only the food viciou and attractive, but they are a good for demon that some of these spoes can chan heart and car