

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 percent full then wait for ten minutes to see they are still hungry This is called hoshinbu 8 The Mediterranean diet Health experts know that a lot of oil in your diet is unhealthy The Mediterranean diet for example, in Greece, Italy and Spain contains a lot of oil but it is very healthy diet. There is a long tradition of vegetarian food in the area They eat some meat but not much in South India, they add a lot of herbs and spices like cream and turmeric for cooking The spices not only make the food delicious and attractive, but they are also good for health that some of these spices can change heart and cancer