

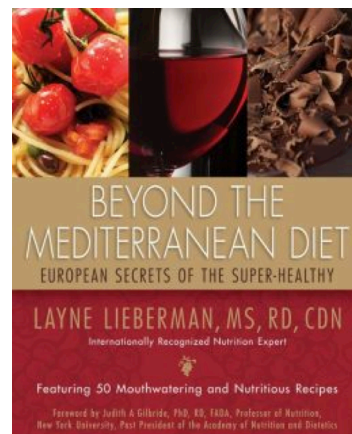
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***BEYOND THE MEDITERRANEAN DIET REVEALS HEALTHY EATING SECRETS OF EUROPEAN CULTURES***

*You Can Eat Pasta, Bread, Chocolate, Drink Wine and Be Slim and Healthy Says Hamptons Local and Award-Winning Culinary Nutritionist Layne Lieberman, RD*

**NEW YORK** – Recently released, *Beyond the Mediterranean Diet: European Secrets of the Super-Healthy*, written by Quogue resident and award-winning registered dietitian Layne Lieberman, explains how to incorporate the European secrets of healthy eating into our grab-and-go lifestyle.

“The traditional Mediterranean diet no longer serves us in today’s modern global world where we have so many food choices,” Lieberman says. “The secret is to know how to identify and incorporate fine food, as it is an essential part of life’s enjoyment, while practicing the dietary habits of the super-healthy European countries.”



For more than two decades, Americans have followed the Mediterranean Diet for healthier living, replacing butter and beef with olive oil and seafood. Yet as a nation, rates of obesity and related illnesses are higher than ever. Even with globalization expanding the fast-food playing field outside of America, how is it that Europeans continue to have some of the highest health statistics – yet don’t deprive themselves of decadent food?

The Mediterranean Diet assumes that everything you eat is produced locally, and those living in the regions where it began didn’t have to factor in the temptations we have in our modern world, so following traditional ways of eating was much easier. When Americans were first sold on the diet in the 1990s, the essential element upon which it was based – eating more fresh foods in appropriate portions rather than rely on the convenience of what’s processed and packaged – was oversimplified and only zeroed in on individual components the diet suggested, such as swapping out one fat for another.

When Lieberman’s husband’s job brought her to Europe for two years and she immersed herself in European food culture, it clicked. She went beyond this over-simplified approach to the Mediterranean Diet when she found that people in Europe’s three healthiest countries – France, Italy, and Switzerland – have learned how to have a wholesome diet that allows for eating a variety of foods, including favorites such as pasta, cheese, bread, chocolate and wine.

Illustrated in four-color throughout, the book is an entertaining combination culinary travel and cook book. In six easy steps, Lieberman spells out how to adopt this healthy European approach to eating and enjoying food while staying healthy, as she shares each country’s secrets and explains the simple and straightforward rules they follow.

She then provides readers with specific tools to use to incorporate these concepts into their daily lives, including:

- An aisle-by-aisle shopping guide on how to avoid the traps of the American supermarket
- “Super-Healthy Plates” that show appropriate portion sizes for meals and snacks
- A guide on how to order boldly when dining out
- 50 mouthwatering and nutritious European-inspired recipes, with a variety of low-fat, gluten-free and vegetarian options

“People in these countries are excellent role models for us,” Lieberman says. “If we can change our eating habits to mirror what they do, we too will be able to leave the fad diets behind and live healthier, happier lives.”

*Beyond the Mediterranean Diet: European Secrets of the Super Healthy* is available nationally at Barnes & Noble, Wal-Mart, Ecampus, Amazon (US, France, Italy, Spain, Germany, etc). It is also available on a number of websites in UK, Sweden, Australia, Canada, Slovakia including [www.gazellebookservices.co.uk](http://www.gazellebookservices.co.uk), [www.angusrobertson.com.au](http://www.angusrobertson.com.au) and on Layne’s website [www.WorldRD.com](http://www.WorldRD.com).

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