

## Tabbuli Puts Fresh Spin on Healthy Mediterranean Food

Written by Australian Business

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CHARLESTON, SC, September 28, 2013 /**24-7PressRelease**/ -- Based in Charleston, South Carolina, [Tabbuli](#) has made a name for itself serving visitors and locals a wide selection of fresh and innovative Mediterranean-American cuisine. While the popularity of this restaurant has remained steady, those at Tabbuli note that many patrons have come with a heavy interest in meals related to the trendy "Mediterranean Diet." Based on several foods served in the Mediterranean region, this diet has won acclaim from foodies and health officials alike for offering a wide array of intriguing health benefits.

In a recent press statement, Tabbuli comments, "There is much confusion surrounding what a Mediterranean diet consists of and what can be found through Mediterranean cuisine. While many Mediterranean diet ingredients are part of the cultural cuisine, they are not mutually exclusive."

For those curious about what a Mediterranean diet consists of, a recent [article](#) from U.S. News & World Report explains, "A Mediterranean diet includes higher amounts of olive oil, vegetables, fruit and fish. Higher adherence to the diet involves more consumption of fruit, vegetables, and fish, and less consumption of meat and dairy products."

"Many of the dishes found on our menu can correlate to items that are considered part of a Mediterranean diet, as we serve many dishes that are comprised of fresh vegetables, olive oil and even local seafood. We offer vegetarian-friendly salads and falafels, as well as dishes--such as gyros--containing lamb," Tabbuli claims in its press statement.

Given that the foods considered part of a Mediterranean diet are widespread and diverse, it is important for consumers to understand that many of those who acquire health benefits from this way of eating must often stick to it on a routine basis. In terms of what kinds of health benefits are associated with the Mediterranean diet, Iliana Lourida--who recently conducted research with colleagues on the food at University of Exeter--tells U.S. News & World Report, "Mediterranean food is both delicious and nutritious, and our systematic review shows it may help to protect the aging brain by reducing the risk of dementia. While the link between adherence to a Mediterranean diet and dementia risk is not new, ours is the first study to systematically analyze all existing evidence."

Although the research regarding this type of cuisine and its potential health benefits remain very exciting for both the culinary and medical communities, those considering adopting a consistent Mediterranean diet are encouraged to have an open discussion with a trusted doctor.

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"Whether looking from a health perspective or from one that concerns flavor, Mediterranean food can deliver extreme satisfaction to the diner. As such, we are proud to serve modern Mediterranean-American dishes that are made with fresh ingredients to deliver the highest quality of taste and wellness to our patrons," Tabbuli concludes in its press statement.

ABOUT: Located on the historic Charleston, South Carolina, [Tabbuli](#) is one highly-rated restaurant that brings Mediterranean flair to the southern seaside. With varied brunch, lunch and dinner menus, this restaurant and hookah lounge serves as a great spot for friends to relax and enjoy conversation over a delicious meal. While there are many single entrees to be enjoyed for the diner with a refined palate, this hot spot also features tapas-style dining options that are perfect for sharing. With a healthy kid's menu and a fully-stocked bar with delicious drink specials, this restaurant continues to prove a favorite for both family and late-night crowds in the Charleston area.