

ERRATUM TO

Chapter 19 Recipes

E. Zacharias, *The Mediterranean Diet: A Clinician's Guide for Patient Care*,
DOI 10.1007/978-1-4614-3326-2_19, © Springer Science+Business Media, LLC 2012

DOI 10.1007/978-1-4614-3326-2_20

The publisher regrets that in chapter 19 “Recipes”, the abbreviation for teaspoon (“tsp”) had mistakenly printed as “tbsp” in some of the recipes. Due to this error please note when reading the recipes:

The metric units remain correct. Please use the metric units in recipes with “tbsp” listed to ensure you are using the intended amount of ingredient. The following conversions may be helpful:

1.25ml = 1/4 tsp; 2.5ml = 1/2 tsp; 5ml = 1 tsp; 10ml = 2 tsp;
15ml = 1 tbsp; 30ml = 2 tbsp