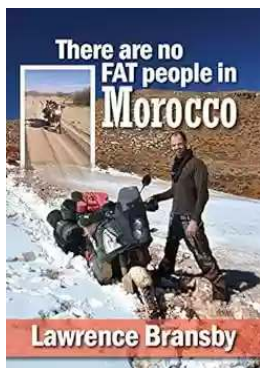


# There Are No Fat People In Morocco: Unveiling the Secrets of Moroccan Cuisine, Lifestyle, and Traditions

When you think about Morocco, what comes to mind? The vibrant markets, the enchanting architecture, or maybe even the stunning landscapes? While these are all noteworthy aspects, there is one surprising fact about Morocco that often goes unnoticed – there are no fat people in this exquisite North African country.

It may seem unbelievable, considering the delightful cuisine that Morocco is famous for, but upon closer inspection, the reasons behind this phenomenon become clearer. From the unique blend of spices to the traditional eating habits and active lifestyle, There Are No Fat People In Morocco, and this article aims to explore the secrets that contribute to this intriguing reality.

## Moroccan Cuisine: A Balance of Flavor and Health



### There are no fat people in Morocco

by Lawrence Bransby (Kindle Edition)

★★★★☆ 4.4 out of 5



One cannot discuss Morocco without delving into its exceptional cuisine.

Moroccan food is known for its bold flavors, aromatic spices, and diverse culinary

traditions. However, what sets it apart from other cuisines is its reliance on fresh and natural ingredients. Moroccan dishes are not only flavorful but also nutritious, ensuring a perfect balance between taste and health.

Moroccans heavily incorporate fruits, vegetables, grains, and legumes into their meals – which are essential components for a healthy lifestyle. The diet is rich in fiber, vitamins, and minerals, making it a vital factor in maintaining a fit physique. Freshly squeezed orange juice, dates, and a variety of vibrant vegetables are staples in Moroccan households, offering a perfect blend of taste and nutritional benefits.

Furthermore, olive oil is an essential element in Moroccan cooking. With its heart-healthy monounsaturated fats, olive oil serves as a healthier alternative to butter or other oils. The moderate use of fats, along with the emphasis on wholesome ingredients, contributes to the absence of obesity-related health issues among Moroccans.

## **The Secrets of Moroccan Eating Habits**

Aside from the delightful ingredients, the eating habits in Morocco play a significant role in maintaining a healthy weight. Moroccans have a unique approach to mealtime, which incorporates both traditional values and nourishment.

One notable aspect is the communal style of eating. Moroccans often gather around a large shared platter, known as a "soufa," filled with various dishes. This communal experience encourages portion control and sharing, ensuring that everyone gets an adequate amount without overeating.

Portion sizes in Moroccan cuisine are designed to satisfy, rather than overwhelm. Meals typically consist of several small dishes, collectively known as "mezze," that are served throughout the meal. This style of eating reduces the likelihood of excessive calorie consumption and promotes a more conscious approach to food.

Furthermore, it is common in Morocco to break the fast with a small meal, often including a glass of water and a date. This practice helps kickstart the digestion process, setting the tone for mindful eating throughout the day.

## **An Active Lifestyle Rooted in Traditions**

While culinary habits play a significant role, it is essential to acknowledge the active lifestyle that Moroccans embrace. Traditional activities and cultural practices have kept the people of Morocco physically engaged and free from a sedentary lifestyle.

The vibrant markets, known as souks, are a hub of activity. Wandering through the narrow streets, bargaining for goods, and exploring hidden treasures require a certain level of physical energy. This daily hustle and bustle contribute to the overall well-being and fitness of the Moroccan people.

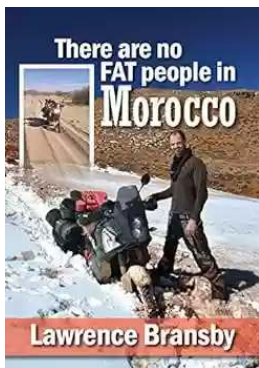
Moreover, Moroccans have preserved many traditional practices that involve physical activity. The art of belly dancing, for instance, is not only a captivating form of entertainment but also an excellent workout for core strength and flexibility. Similarly, traditional Moroccan sports like horse racing and camel riding provide opportunities for exercise and leisure.

## **: Unlocking the Secrets of Moroccan Health**

As we peel back the layers of Moroccan culture, it becomes evident that the absence of obesity is not a mere coincidence. Moroccan cuisine's emphasis on

natural, nutrient-rich ingredients, combined with mindful eating habits and a culturally ingrained active lifestyle, form the foundation of Moroccan health.

There Are No Fat People In Morocco, but this reality is not unattainable for anyone else. By adopting the Moroccan approach to food and lifestyle, we can pave the way towards a healthier and more fulfilling life – one that embraces flavorful yet nutritious meals, mindful eating habits, and an active pursuit of joy. So, let the secrets of Morocco inspire us to make positive changes and embark on a journey towards a healthier future.



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Stuck in deep sand, stuck in snow, bogged down in glutinous mud, crossing boulder-strewn dry riverbeds.

A motorcycle trip that started with a vague intention of crossing the High Atlas Mountains and setting off into the desert beyond, turned into an epic journey with five unexpected highlights - venturing three times into the western Sahara, each a little deeper, a little more remote, learning to cope with riding through deep sand on heavily-laden bikes; then joining six mad Frenchmen and their guide riding sidecar cross outfits high up into the mountains and, later, getting bogged down in

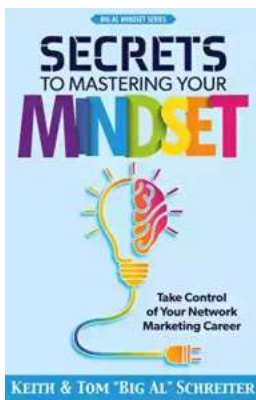
snow when traversing a narrow mountain pass, Lawrence Bransby and his son, Gareth, had a Boy's Own adventure of a lifetime.

"There are no Fat People in Morocco" is the account of their trip, richly illustrated with photographs. Informative, amusing and reflective, it will provide fascinating reading for the armchair traveller as well as those motorcycle adventurers planning their next trip!

This is the third journey Lawrence and his son have done together: fifteen years ago they climbed on two old XT500s and crossed Africa together (Gareth was only 17 at the time). Last year they travelled to Russia, heading north to Archangel and Murmansk; on the way they joined members of the Black Bears, a Russian motorcycle club also on their way north of Archangel - a most interesting experience! (The account of this trip is also published on Kindle.)

Other than the trans-Africa, Russia and Morocco journeys with his son, Lawrence has travelled alone on his motorcycle to Albania and a further twice to Russia.

Lawrence Bransby now lives in Manchester after retiring from a lifetime of teaching. In his spare time, indulges his passion for long-distance motorcycle travel and kayaking.



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