# ?What Is My BMI and What Should It Be?" Gourmante Gets an Answer

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Gourmante, a well-known, established brand in Europe and the Mediterranean is now moving into the American market and invites Americans to visit Gourmante new website, where visitors can easily find their own answers to the ?What is my BMI? (Body Mass Index)? question. An easy but effective body mass index calculator can be found on Gourmante?s home page.

Body Mass Index is a screening tool to help someone understand whether their body weight is at a level that may lead to health problems. If one?s index is high, it is usually a signal that weight needs to be lower in order to be more in balance and healthier. There are many other indicators of health, and there are many ways to approach becoming healthier. Gourmante is focused on helping people to become more healthy and the company?s online BMI calculator is one of the first places that someone concerned about their weight should go.

It is not just the BMI calculator that is of interest on its new website. Gourmante plans to introduce a referral program that will reward people for promoting Gourmante. Other plans include a ?Mediterranean Living? magazine or blog, opportunities for free shipping, a subscribe and save program and of course, a choice of

payment options through PayPal and Stripe.

The ?Mediterranean Diet? first came to the attention of Americans in the mid-1970s, when studies were publicized that showed people living in Mediterranean countries had a lower incidence of cardiovascular disease than Americans. This was a surprise to many because the amount of fat consumed (considered to be a major contributor to heart disease) was very similar and yet, paradoxically, the Mediterranean countries did not suffer the same high rates of disease. Research has been ongoing ever since.

Gourmante introduced its own range of supplements that reflect the company?s belief and commitment to the Mediterranean diet being a significantly healthier way of life. Gourmante was originally founded in Greece by Dimitrios Paraskevopoulos. He says, ?We are inspired by the father of modern medicine, Hippocrates, who said ?Let food be thy medicine & medicine be thy food,? and this is why we are continuing to develop supplements that will help people achieve not only the BMI that is desired but also a healthier state overall.?

Social media fans should follow Gourmante on Facebook. Gourmante's Facebook page is a reliable way to get up to the minute news on everything Gourmante. Information on Gourmante?s wide range of products is regularly posted there helping followers to make an informed decision as to what is best for them. Along with the informational topics, updates and news about forthcoming offerings of interest will also be posted.

Updates and news are not the only reasons for making following Gourmante on Facebook worthwhile. Gourmante is planning a new series of giveaway campaigns and these campaigns will be available to its Facebook followers. There is also an ambassador program where people are rewarded for helping Gourmante publicize its website and the products that are on offer. It?s not just health that Gourmante is interested in ? the company believes that many of the products soon to be available on the website will help users to look better.

Those who indulge in Social Media but prefer alternatives to Facebook are also covered. Those who follow Gourmante on Instagram will get the same benefits of participating in Gourmante?s giveaway opportunities. All the same news, updates, and opportunities will be available there as well.

Following a Mediterranean diet has been proven to be useful in helping individuals to prevent obesity, cardiovascular disease, dementia and diabetes along with other benefits. It is not just weight loss that the diet and supplements promote; it is extremely beneficial in long-term weight maintenance which is a benefit that other popular diets fail to achieve.

Gourmante?s new website is the first phase of a major investment in bringing supplements based on the

Mediterranean diet to an expanded audience. The company?s Facebook and Instagram pages are also being developed in parallel with the website.

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## Gourmante

*Gourmante's mission is to promote the healthy Mediterranean Lifestyle, offering authentic, high quality, natural & safe products to help people live healthier, happier & longer.*

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