Francesca Lamattina

### MEDITERRANEAN DIET

A mean through which both human and environmental health can be addressed

#### • Mediterranean diet is a solution to obesity?

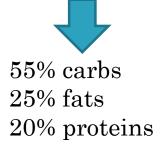
Mediterranean diet is currently an Intangible Cultural Heritage of Humanity (UNESCO, 10 Nov 2010) which historically refers to the Italian and Greek nutritional model In these countries the incidence of mortality due to coronary heart deseases and cancers dietrelated were the fewest compared to those all over the world

Many variants are accepted too, since the biodiversity and the typical production in the basin is really variable (France, Spain, Morocco, Croatia, Tunisy have their particular Mediterraean diets)

#### Benefits apported by this diet:

- ✓ anti-aging
- ✓ anti-inflammation
- ✓ reduces type II diabete
- ✓ reduces metabolic syndrome
- ✓ prevents from Alzheimer, ictus, some cancers and heart attacks

Olive oil, pasta, legumes, a large variety of vegetables and fruit, and a right combination of milk, cheese, eggs, seafood and meat



Fiber, antioxidants, PUFA, EFA (n6, n3), low choresterol



## Bread, Pasta, Rice, Pizza







# Fruit & Vegetables















# Dairy Products















### EVO Oil







### Muls and Seeds

### Kerbs, Onion and Garlic









### Chicken, Fish and Shellfish Eggs and Legumes

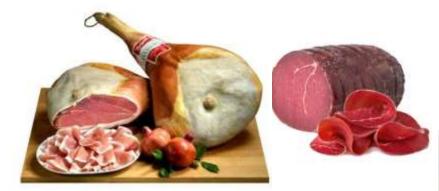


### Sweets, Meat and Cured Meat











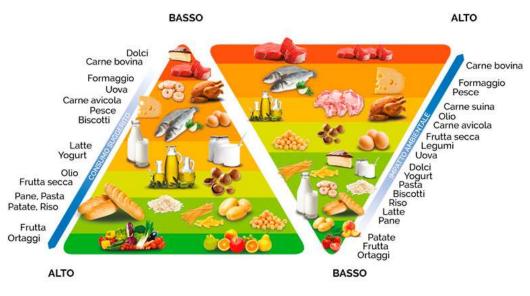




#### • Mediterranean diet is a solution to global warming?

- > Low utilization of natural resources (water and soil)
- > Seasonality
- ➤ Biodiversity
- > Frugality (limited production of processed foods)

#### PIRAMIDE AMBIENTALE



PIRAMIDE ALIMENTARE

Environmental pyramid perfectly fits with dietary pyramid. In terms of water consumption, gas emissions and land clearing Mediterranean diet is a low-impact diet. This is related to 4 main reasons.



#### ORGANIC CERTIFICATION

- Organic certified production not directly means sustainability; despite the trust in terms of biodiversity, exploitation of soil, water consumption and use of fertilizers, none guarantees that transport is eco-friendly too
- Traffic congestion, car crashes, noise pollution are examples of contradiction between organic crops and food miles

#### • "Km Zero"

The distance between producer and consumer is eliminated or at least highly reduced\



## $Environmental \\ motivations$

Food transport in Italy is mainly on tyre (80%)

Nutritional motivations

#### WHY CHOOSING SHORT DISTANCE PRODUCTS?

Food safety motivations

Local improvement motivations

Economical motivations

The consumer saves on average the 30% of total cost

# Mediterranean diet

Organic certification

Short distance products

... we don't have a planet B

