



## **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 diseases and cancers diet-related 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, Tunisia have their particular Mediterranean 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*



55% carbs  
25% fats  
20% proteins



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



# Bread, Pasta, Rice, Pizza



# Fruit & Vegetables



# Dairy Products



# EVO Oil





## *Nuts and Seeds*



## *Herbs, 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)*



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\

*“Filiere corta”*



*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

A glass globe of the Earth is the central focus, resting on a thick bed of vibrant green moss. The globe is transparent, showing the continents and oceans, and is surrounded by a lush, sunlit forest. Sunlight filters through the trees, creating a soft, dappled light effect. The background is a blurred forest scene with various green plants and trees. The overall mood is peaceful and natural.

*Thank you*

