



Erasmus+



Our nutrition throughout the ages...

Cretan diet

Cretan Diet

- Cretan diet is known worldwide with origins dated back to ancient times
- Protects people from diseases, gives a better quality of life and wellness
- Respects the environment
- Crete has been always self-sufficient and there was a balance between production and consumption of seasonal products.
- All flavors were pure, non-processed.
- Cretan people accepted the goods earth could give them and used to live in harmony with the flora and fauna of the region.

Cretan nutrition back in 1960

The variety of cretan nutrition

- Cereals, eggs, cheese, olives, whole-wheat bread, fruits, honey, vegetables, greens
- a variety of herbs, legumes, nuts, snails, mushrooms, olive oil, fish, seafood,
- chicken and **red meat only once a month** from family's animals



Rules of Cretan Diet

- Only seasonal products
- **Fat= olive oil**
- Greens, vegetables and fruit every day
- Main sources of protein:

snails

mushrooms

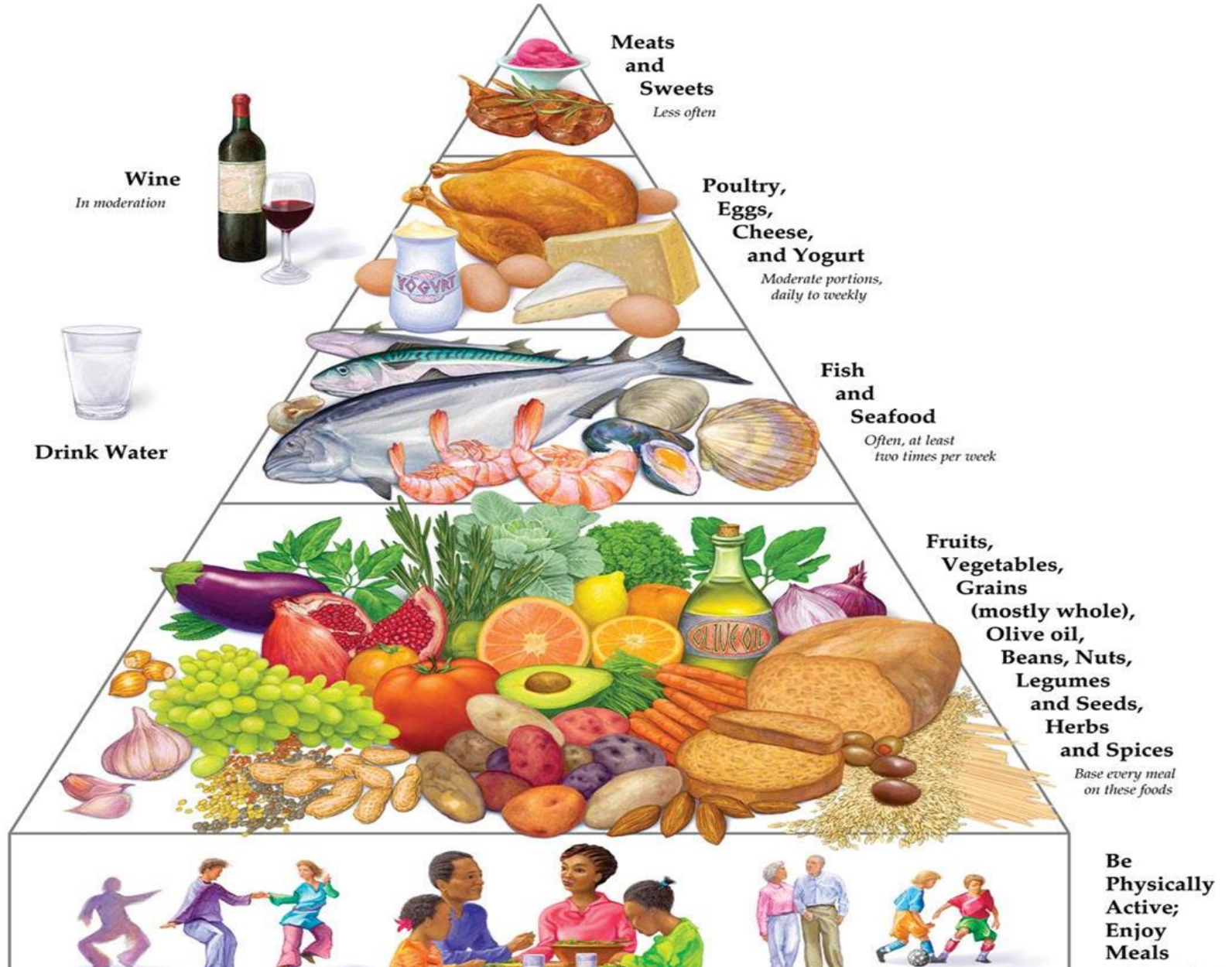
legumes

fish

chicken



Mediterranean Diet Pyramid



Positive Effects to health

Slows down ageing process

Protects from

- Cardiovascular diseases
- Cancer
- Alzheimer
- Parkinson



Cretan diet and Sustainability

- Each family used to produce their own products
- Preservation of local seed varieties
- Small amount of waste
- Less use of plastic
- Domestic animals were fed with family leftovers
- Reduced meat consumption
- Local/ seasonal products
- No chemicals
- Life in harmony with the environment

Today...in Crete

- Nutritional habits of Cretan young people, especially teenagers are influenced by marketing. Excessive meat consumption, reduced vegetable consumption, increased sugar and junk food consumption.
- More overweight children with health problems



Why is this happening

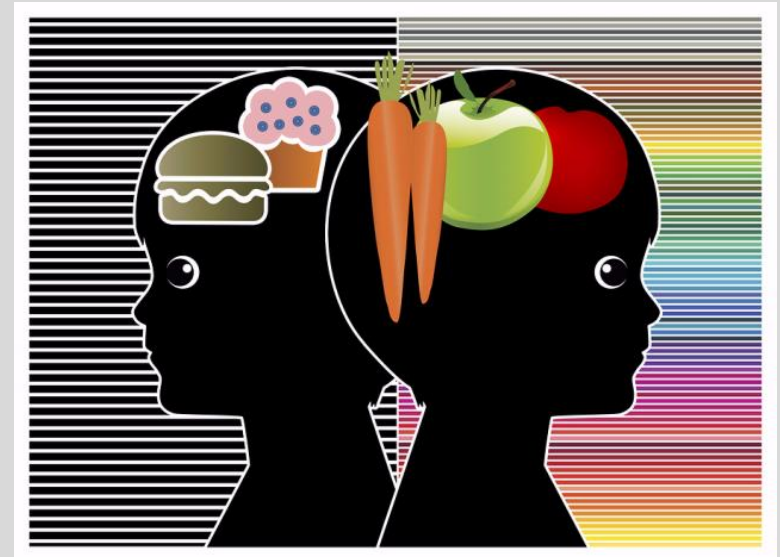
- Different way of life (away from nature)
- Lack of information
- Bad habits in the family
- Bad influence of television and advertising
- Financial Reasons

Fortunately new generations seem to change attitude and understand the treasure we have to preserve...



We choose the Cretan Way!

- Avoid fat except virgin olive oil
- Eat seasonal and local products
- Reduce meat consumption and processed products
- Stop consuming junk food and sugar
- Respect the environment



Thank you for your attention!