

# THE MEDITERRANEAN DIET

*Are you ready to know more about it?*

## Let's start this school year with style!

### HEALTHY STYLE OF LIFE



### Vitamins



### Carbohydrates



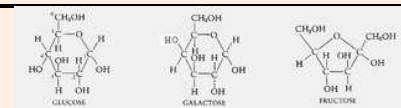
### Proteins



What is the “Mediterranean Diet”? Several authors recognise that this diet is based on the following dietetic pattern : a) high intake of vegetables, pulses (beans, lentils etc), fruit and cereals; b) medium-high intake of fish; c) low intake of meat and saturated fat; d) high intake of unsaturated fat (particularly olive oil); e) medium-low intake of dairy produces (mainly yogurt and cheese), f) a moderate intake of wine. This is the dietetic pattern common to many Mediterranean Countries, but in this historical period in which food consumption is characterised by products produced at the industrial level (think of globalization and mass production), is it still useful to speak about this diet? The answer is yes, if we consider that it may fade typical regional identity and membership profiles, tending towards a depersonalization of the authentic eno-gastronomic folkways and customs, and, to counteract this, the UNESCO takes sides in defence of genuineness, flavour, food taste and chiefly health promotion in order to promote healthy eating habits, handing over the legitimized sceptre to “Our” peculiar food tradition as well as to our benevolent good –nature. Into this framework, credit is due to the remarks produced through epidemiological research –and an ethnological one at that: this research has “paid attention to human habits, diversity and geographical distribution” that, in the guise of physiologist researcher Ancel Keys, first disclosed the virtues of the “Mediterranean Diet” and hence ‘he’



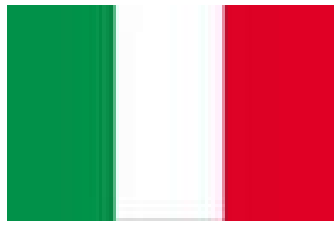
perceived and communicated its beneficial and protective effects. The large epidemiological study – conducted among seven Nations - “Seven Countries Study” resulted in high geographical variability



concerning incidence rates for cardiovascular diseases: Regions considered from the Mediterranean Basin reported, with respect to Northern Europe and USA, a lower incidence of cardiovascular diseases. Populations that follow the Mediterranean diet pattern show a 50% lower rate of cardiovascular mortality due to cardiovascular disease and show highest longevity. Actually, cardiovascular diseases are the main cause of death and avoidable death in the industrialized countries and this risk is associated with and amplified by obesity, that in turn is a risk factor for other chronic diseases, such as diabetes, hypertension, dyslipidemia, cancers, respiratory and cardiovascular diseases, stroke and myocardial infarction. The WHO considers obesity as one of the main public health problems and being overweight as a global epidemic of great dimension. The increasing trend of obesity and overweight in the world is related to unhealthy diet patterns: in the last decades, Italian lifestyles have become more “westernized”, and with the highest consumption

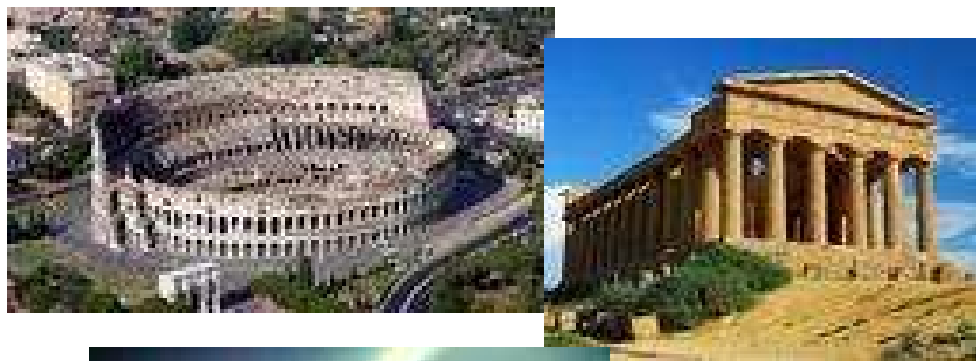
**COUPON 50%**





“of meat and animal fats. The Mediterranean diet is not only a diet: it is a culture, a tradition, a high quality and sustainable “art”. There is evidence that the traditional Mediterranean diet is a dietary model mainly followed in rural zones and mainly by older age classes, due to both a higher attention to their health status and to their bonds with traditional foods. So, the aim is to achieve the highest adherence to this type of diet by younger age groups , and this goal must be reached using all the tools we have available now and in the future, at the European level: the research, the training, the health care, the prevention, through the use of specific nutritional campaigns, in order to divulge the Mediterranean Diet really as a cultural patrimony for humanity. And we know right now from research that the Mediterranean diet can be promoted even in Northern and Central Europe countries, and in particular using not only the co-operation with parents, that is assumed to be one way to lead to a stabilization of newly learned behavior, but also using new communication tools, such as the Internet. Thanks now to the involvement of UNESCO, that recognises the point recently raised by the Istanbul Declaration of the World federation of Public Health Associations that “The rights and the healthy

Italy, country of south-central Europe, occupying a peninsula that juts deep into the Mediterranean Sea comprises some of the most varied and scenic landscapes on Earth and is often described as a country shaped like a boot. At its broad top stand the Alps, which are among the world’s most rugged mountains. Italy’s highest points are along Monte Rosa, which peaks in Switzerland, and along Mont Blanc, which peaks in France. The western Alps overlook a landscape of Alpine lakes and glacier-carved valleys that stretch down to the Po River and the Piedmont. Tuscany, to the south of the cisalpine region, is perhaps the country’s best-known region. From the central Alps, running down the length of the country, radiates the tall Apennine Range, which widens near Rome to cover nearly the entire width of the Italian peninsula. South of Rome the Apennines narrow and are flanked by two wide coastal plains, one facing the Tyrrhenian Sea and the other the Adriatic Sea. Much of the lower Apennine chain is near-wilderness, hosting a wide range of species rarely seen elsewhere in western Europe, such as wild boars, wolves, asps, and bears. The southern Apennines are also tectonically unstable, with several active volcanoes, including Vesuvius, which from time to time belches ash and steam into the air above Naples and its island-strewn bay. At the bottom of the country, in the Mediterranean Sea, lie the islands of Sicily and Sardinia. The capital is Rome, one of the oldest of the world’s great cities and a favourite of visitors, who go there to see its great monuments and works of art as well as to enjoy the city’s famed dolce vita, or "sweet life." Other major cities include the industrial and fashion centre of Milan; Genoa, a handsome port on the Ligurian Gulf; the sprawling southern metropolis of Naples; and Venice, one of the world’s oldest tourist destinations. Surrounded by Rome is an independent state, Vatican City, which is the seat of the Roman Catholic Church and the spiritual home of Italy’s overwhelmingly Catholic population. Each of those cities, and countless smaller cities and towns, has retained its differences against the leveling effect of the mass media and standardized education. The intellectual and moral faculties of humankind have found a welcome home in Italy, one of the world’s most important centres of religion, visual arts, literature, music, philosophy, culinary arts, and sciences. Michelangelo Buonarroti, the painter and sculptor, believed that his work was to free an already existing image; Giuseppe Verdi heard the voices of the ancients and of angels in music that came to him in his dreams; Dante Alighieri forged a new language with his incomparable poems of heaven, hell, and the world between. Those and many other Italian artists, writers, designers, musicians, chefs, actors, and filmmakers have brought extraordinary gifts to the world.



NICOSIA, 23/10/2018

**I.I.S. 'A. VOLTA' NICOSIA  
ERASMUS+ PROJECT 2017-2019  
THE PATTERN OF LONGEVITY: (UN)HEALTHY LIFESTYLE  
THROUGHOUT THE EUROPEAN COUNTRIES**

**MAGAZINE**

OCTOBER, 2018



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Co-funded by the  
Erasmus+ Programme  
of the European Union



## **Meeting in Grudziądz - Poland**

24-30 OCTOBER 2018

**MEDITERRANEAN DIET, PHYSICAL EXERCISE, PREVENTION!**









