



Comenius Multilateral partnership Project The Art of Living  
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**EATING LIFESTYLE**

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# Mediterranean diet

- Inscribed in 2010 ([5.COM](#)) on the Representative List of the Intangible Cultural Heritage of Humanity by UNESCO
- **Countries:** Spain, Greece, Italy, Morocco
- <http://www.youtube.com/watch?v=-gQ-zHsBt2k>

**WHAT IS THE MEDITERRANEAN DIET ?**

# Researchers studied

## ASSOCIATIONS

- between the type of diet
- and the risk of the onset of chronic diseases (particularly cardiovascular diseases)

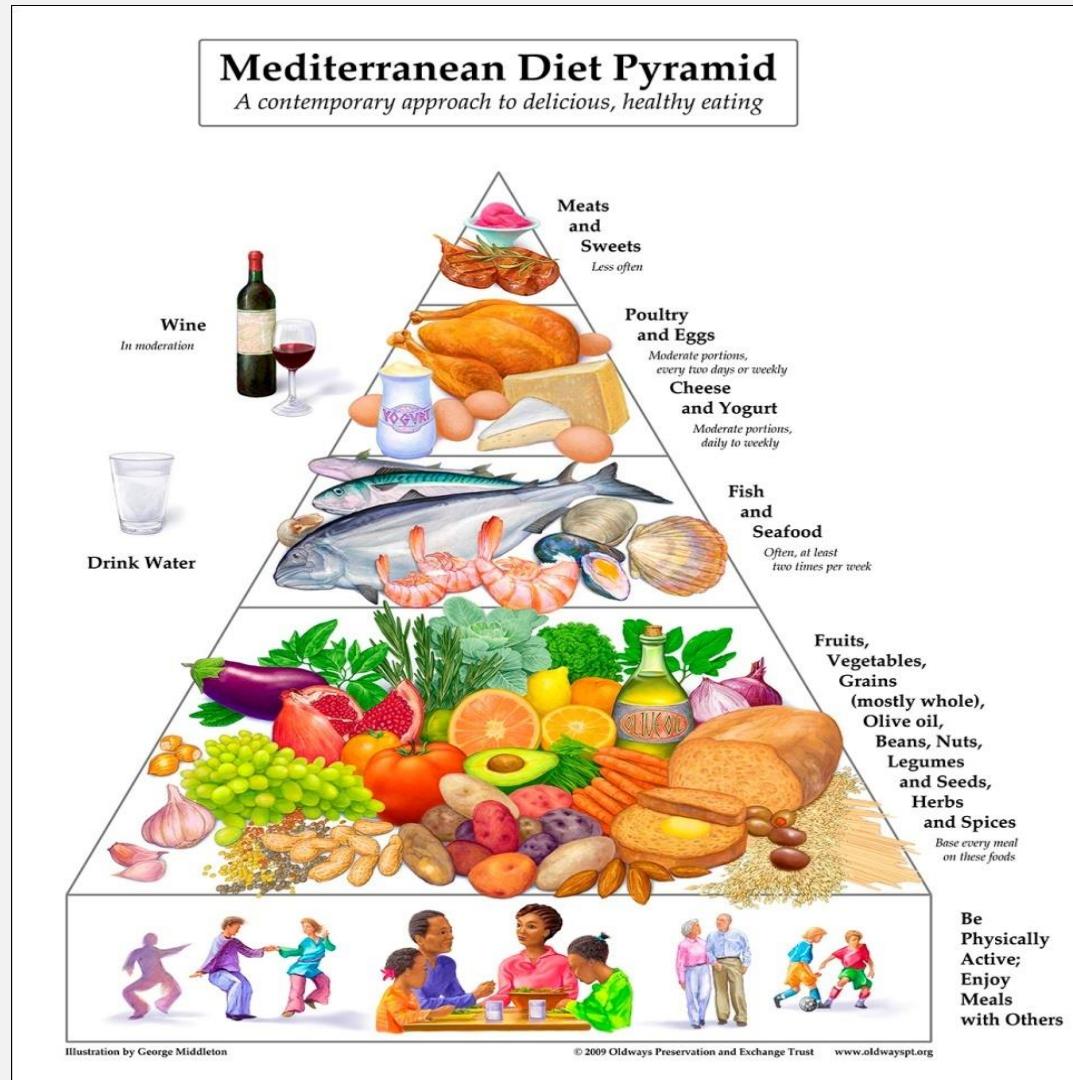
Their study found that a high level of saturated fatty acids (in the diet) and cholesterol (in the blood) was a factor that could explain the differences in mortality rates, as well as predict future rates of coronary diseases in the populations analyzed

Since the mid-1990s, a new stream of research has been developed to investigate the association between diets and longevity.

# A choice in favour of the Mediterranean diet

- what emerges is that the adoption of the Mediterranean diet provides a protective factor against the most common chronic diseases through the high consumption of
- vegetables, legumes, fruits and nuts, olive oil, and cereals (50% of which are whole grain),
- moderate consumption of fish and dairy products (especially cheese and yogurt), and low
- consumption of red meat, white meat, and sweets

# Mediterranean diet pyramid picture





# The basic concept

- *Elevated consumption of vegetables, legumes fresh and dried fruit*
- *Olive oil and cereals*
- *Moderate consumption of fish, dairy products and wine;*
- *Low consumption of red meat and sausages*

Consumption of monounsaturated fats instead of animal saturated, complex carbohydrates, that may be integral, proper protein intake, with a predominance of those of plant origin

# Example of recipes

- <http://allrecipes.com/recipe/roasted-asparagus-prosciutto-and-egg/detail.aspx>

# Caprese



# Roasted asparagus prosciutto and egg



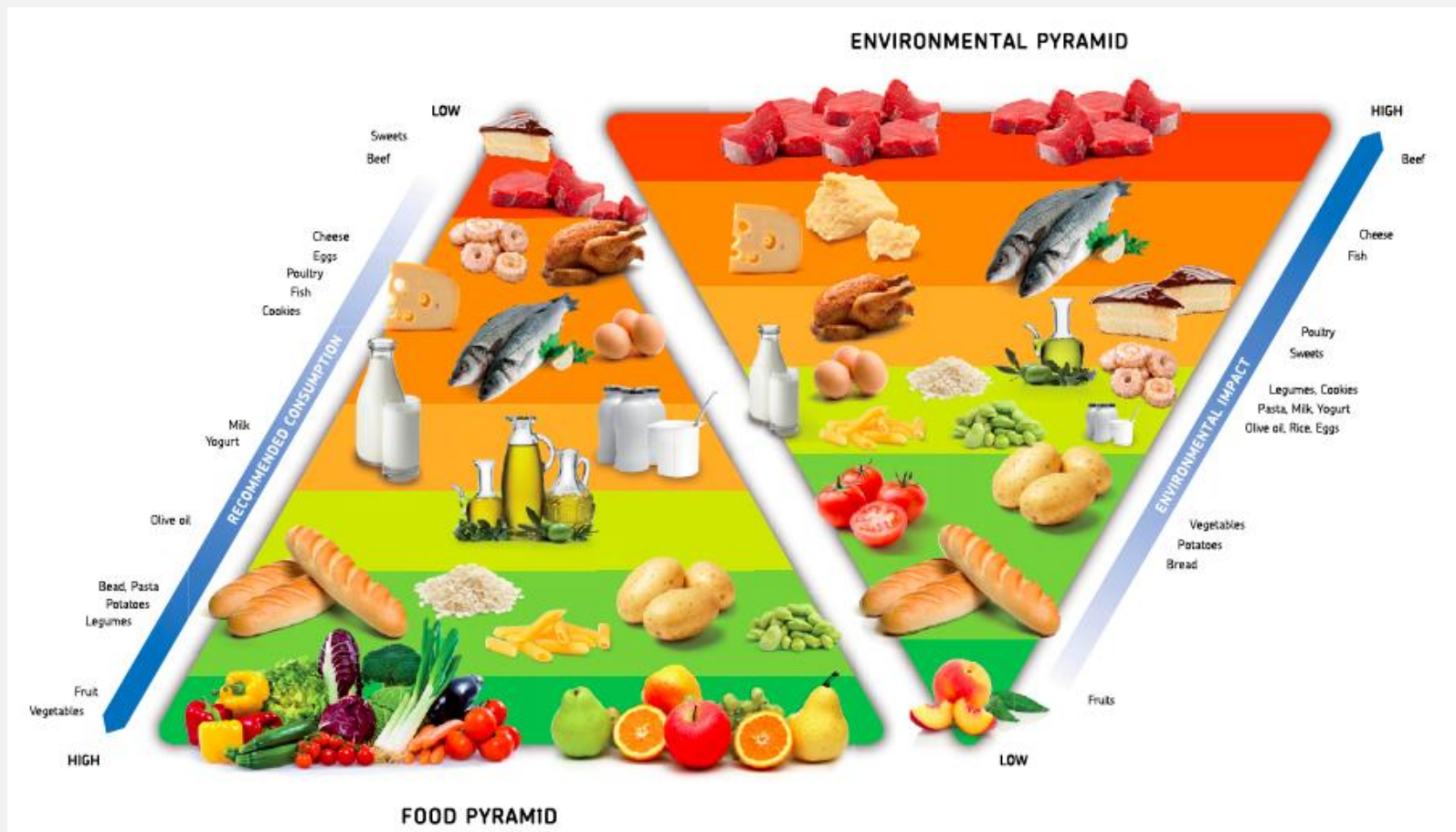
# Tomato salad with couscous



# Some more

- PIZZA !!!!
- PASTA FAGIOLI

# Double food pyramid





# The double food pyramid

IS THE LINK WITH SUSTAINABILITY

# What our body needs

# The CINDI Food Guide Pyramid

Used in Malta

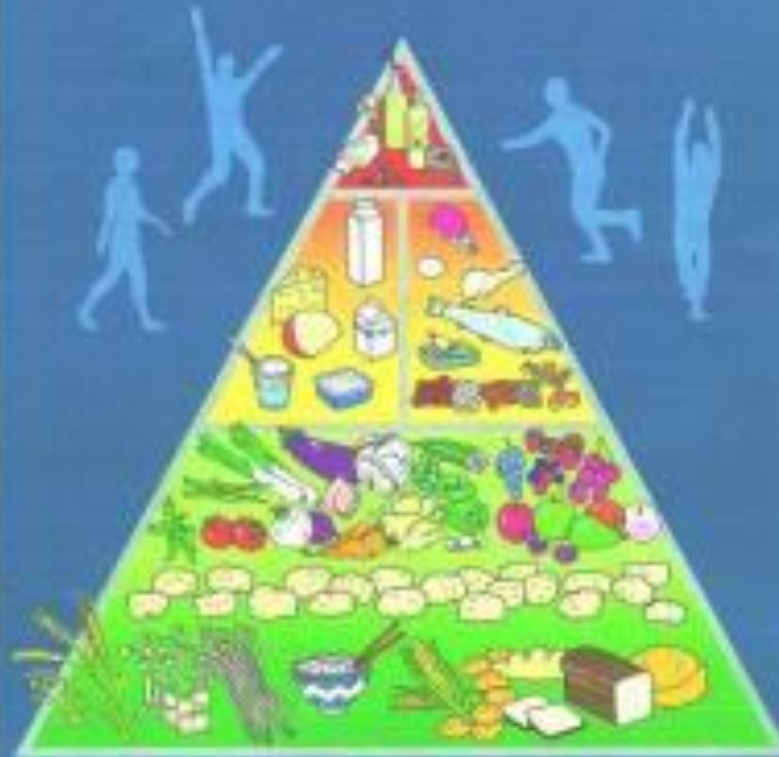
# The CINDI food guide pyramid

CINDI stands for

- Countrywide
- Integrated
- Non-communicable
- Disease
- Intervention

So the CINDI pyramid helps to guide people on how to adopt a healthy lifestyle and healthy eating patterns.

ENJOY A HEALTHY DIET!  
BON APPÉTIT! GUTEN APPÉTIT!  
ПРИЯТНОГО АППЕТИТА!



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CINDI

# How to interpret the pyramid

- The colour coding indicates which foods are to be eaten most, which are to be eaten moderately, which foods are to be eaten least or avoided.
- The colours used are the same used in traffic lights

**RED – AVOID**

**ORANGE – EAT MODERATELY**

**GREEN – EAT MOST**

# EAT MOST

- Cereal Foods such as bread, pasta, rice. Ideally these should be wholegrain.
- Potatoes.
- Fruits and Vegetables.

# EAT MODERATELY

## Meat and meat products.

- One should ideally limit the amount of red meat.
- One should avoid processed meat as these contain a lot of salt and additives.
- One should ideally opt for fish, especially oily fish, and white meat.

## Milk and milk products.

- Ideally adults should choose the low fat versions.



# EAT LEAST

- Avoid sugar and sugary foods. These provide only empty calories.
- Fats and oils are to be avoided. The most harmful are hydrogenated and animal fats.
- If one uses fats, one should ideally choose vegetable oil, especially olive oil as it helps to protect against heart disease.

- Eating habits in the Mediterranean Diet
- Lifestyle
- Saving as sustainability/zero impact

# European union

- STEPS - task