# RESEARCH POSTER

## MEDITERRANEAN DIET (MED DIET / MD)


**AUTHOR**

Kouvara, C.I. Eleni.

**AFFILIATIONS**

UNIVERSITY OF ALICANTE, SPAIN


**INTRODUCTION**

THE MEDITERRANEAN DIET IS ONE OF THE MOST STUDIED AND WELL-KNOWN NUTRITIONAL EATING HABITS AND IT IS MUCH MORE THAN A FOOD PATTERN. ITALY, GREECE, SPAIN AND PORTUGAL WERE NOMINATED THE MD "CULTURAL LANDSCAPES" BY UNESCO IN 2010. THE MD EMBRACES A WIDE VARIETY OF FOODS AND A LIFESTYLE INCLUDING PHYSICAL ACTIVITY, NON-SMOKING, SOCIAL INTERACTION AND MODERATION IN ALCOHOL CONSUMPTION, ALL OF WHICH APPEAR TO PROTECT AGAINST NUMEROUS CHRONIC DISEASES. THE MD MODEL MIRRORS A DYNAMIC AND SYMBIOTIC RELATIONSHIP BETWEEN HUMANS, FOOD AND ENVIRONMENT.

**OBJECTIVE**

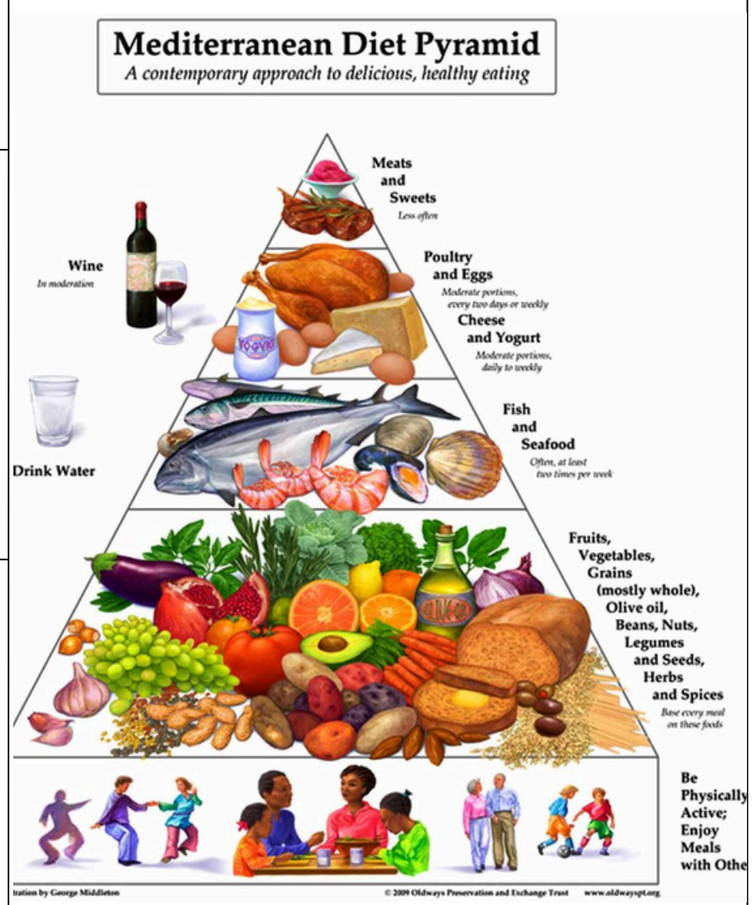
The importance of the Mediterranean Diet and its impact on humans' health and quality of life.

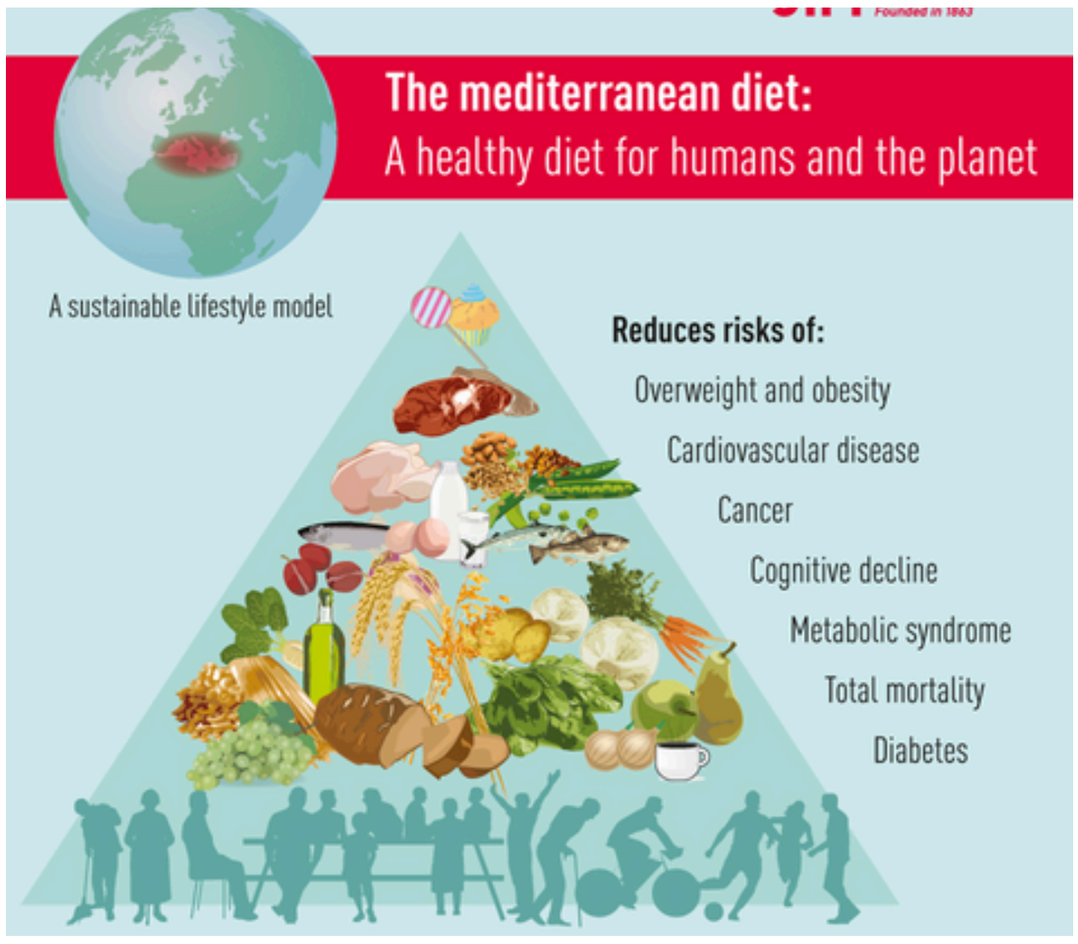
**METHODOLOGY**

- Bibliographical Research
- Literature Review

**RESULTS/FINDINGS**

The Med Diet has been recognized as an intangible cultural heritage by the United Nations Educational, Scientific and Cultural Organization (UNESCO).
The basis of the MD is consuming large amounts of plant foods, such as fruits, vegetables, legumes, whole grains, beans, nuts, seeds, herbs and spices, in combination with physical activity. Water is necessary to the MD dietary pattern.
The main source of fat in the Mediterranean diet is olive oil, which contains polyunsaturated fatty acid (PUFA) linoleic acid and has a low content of saturated fatty acids. Its consumption has health benefits and preserves human health.
Consuming dairy products in moderation—especially fermented foods—helps supply certain vitamins and critical amino acids that may be scarce or nonexistent in veggies.
Mediterranean Diet affects strongly humans' overall health and improves well-being.




**ANALYSIS**

MD has been linked to intermediate cardiovascular diseases (CDV) outcomes, including blood lipids, blood pressure, inflammatory biomarkers and subclinical markers of atherosclerosis and endothelial function, as well as body weight.
Evidence has shown that MD adoption decreases the risk of diabetes type II (DT2) and can lead to a decreased risk of Metabolic Syndrome (MetS) and dyslipidaemia. Findings from observational studies refer to MD as the dietary pattern that prevents weight gain or increased waist circumference.
Many studies have focused on the association between MD and risk of overall cancer incidence, risk of different cancer subtypes, cancer mortality and risk of recurrence in cancer survivors. Additionally, higher adherence to the MedDiet is linked to better global cognition and episodic memory, lower risks of cognitive impairment and neurodegenerative diseases. Moreover, by consuming plant-based food included in the MD leads to greater longevity or a lower risk of all-cause mortality.

**CONCLUSION**

Mediterranean Diet is the most widely studied for improving health, limiting the risk of appearance of several chronic and anti-inflammatory diseases, mentality, well-being and longevity across a huge variety of diets. Dietary fibers, polyphenols, ω-3 fatty acids, almost all the types of vitamins, a wide range of elements that are included in fresh fruits and vegetables and fermented products are the basis of the Mediterranean Diet and consist the healthiest way of eating. It is considered to be an eating model easy to be adopted worldwide, as researchers and nutritionists have recommended due to its benefits.


**References:** Delgado, A. M., Almeida, M. D. V., & Parisi, S. (2017). Chemistry of the Mediterranean diet (pp. 1-259). Cham: Springer International Publishing. Guasch-Ferré, M., & Willett, W. C. (2021). The Mediterranean diet and health: a comprehensive overview. *Journal of internal medicine, 290*(3), 549-566. Mazzocchi, A., Leone, L., Agostoni, C., & Pali-Schöll, I. (2021). The secrets of the Mediterranean diet. Does [only] olive oil matter?. *Advances in Medical Biochemistry, Genomics, Physiology, and Pathology,* 545-563. McCrory, MA, Hamaker, BR, Lovejoy, JC & Eichelsdoerfer, PE, (2010). Pulse consumption, satiety, and weight management. *Adv Nutr 1*:17–30. Mentella, M. C., Scaldaferri, F., Ricci, C., Gasbarrini, A., & Miggiano, G. A. D. (2019). Cancer and Mediterranean diet: a review. *Nutrients*, *11*(9), 2059.Radd-Vagenas, S., Kouris-Blazos, A., Singh, M. F., & Flood, V. M. (2017). Evolution of Mediterranean diets and cuisine: concepts and definitions. *Asia Pacific Journal of Clinical Nutrition*, *26*(5), 749-763. United Nations Educational, Scientific and Cultural Organization (UNESCO). Mediterranean Diet—Cyprus, Croatia, Spain, Greece, Italy, Morocco and Portugal Inscribed in 2013 (8.COM) on the Representative List of the Intangible Cultural Heritage of Humanity—Living Heritage Entity. Available online: https://ich.unesco.org/en/RL/mediterranean-diet-00884.