



Workshop IV

Mediterranean diet and agrarian landscapes in the Euro-Mediterranean Region

Module 2 - The Mediterranean Diet: adherence and health aspects

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Mediterranean diet and agrarian landscapes in the Euro-Mediterranean Region

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Duration: 3 hours

University of Évora

Workshop Format:

Online training.

Expository session and interactive class, group work, research, and debate.

Equipment required:

Laptop or other device that allows online search and selection of information.

Module 2 - The Mediterranean Diet: adherence and health aspects

Módulo 2- Dieta Mediterrânica: saúde e adesão ao padrão alimentar mediterrânico

Module description:

Despite the recognition of Mediterranean Diet with many human and planetary health benefits, a decrease in adherence to this pattern is being highlighted for different Mediterranean countries. Portugal is not exception, with the most recent reports highlighting those young individuals have moving towards more industrialized and westernized diets. The reasons why this happens are diverse, but, for sure, this is having impact in individuals' health as well as in environmental and social health.

This workshop intends to highlight the main characteristics of Mediterranean dietary pattern, how it is linked with food production practices and what is known about the relationship with human health. Moreover, the factors under food choices, that can be determinants of Mediterranean Diet adherence will be discussed. Data from Portugal, and particularly from our region (Alentejo) will be presented, stressing the need for effective strategies for promoting Mediterranean Diet.

Learning objectives:

- Recognize Mediterranean Diet as a pillar of Human and Planetary health;
- To know the actual adherence to Mediterranean Diet in different countries of Mediterranean tradition;
- To understand the main drivers and barriers of Mediterranean Diet adherence;

Readings and resources:

Mediterranean diet Foundation:

<https://dietamediterranea.com/en/>

Bôto JM, Rocha A, Miguéis V, Meireles M, Neto B (2022) Sustainability Dimensions of the Mediterranean Diet: A Systematic Review of the Indicators Used and Its Results, *Advances in Nutrition*, 13(5), 2015.

<https://doi.org/10.1093/advances/nmac066>

Biggi et al. (2024) Drivers and Barriers Influencing Adherence to the Mediterranean Diet: A Comparative Study across Five Countries. *Nutrients*, 16:2405.

<https://doi.org/10.3390/nu16152405>

Eat Lancet Commission

<https://eatforum.org/eat-lancet-commission/>



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