

# Sustainable Food Systems and Mediterranean Diet in the Mediterranean Region

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*Sharing Knowledge, Feeding the Future*

FAO Webinar  
*"Agriculture, traditions and healthy diets in the  
Mediterranean and beyond.  
Exploring synergies between the Globally  
Important Agricultural Heritage Systems and the  
Alliance for the promotion of the principles of the  
Mediterranean Diet"*  
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## OUR GOAL

promote the **sustainable development** of **agriculture**,  
**fisheries** and improve **food and nutrition security** in **rural** and  
**coastal areas**

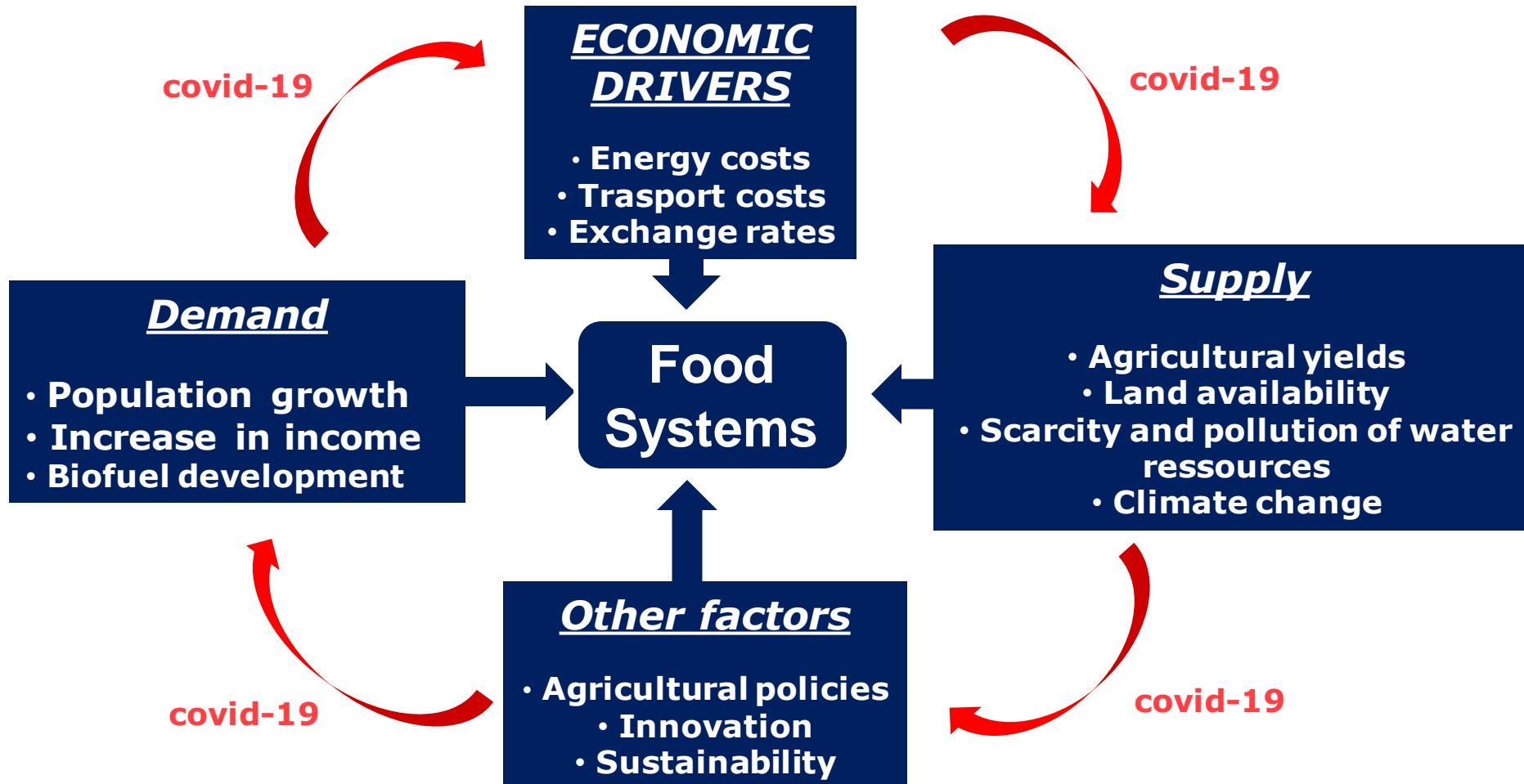
## WHO WE ARE

**13** Member Countries

**1** Secretariat General in Paris

**4** Mediterranean Agronomic Institutes:  
Bari, Chania, Montpellier e Saragozza

# PRESSURES ON FOOD SYSTEMS



2014



## Food losses and waste in the context of sustainable food systems

A report by

The High Level Panel of Experts

on Food Security and Nutrition

June 2014



**A Sustainable Food System** (SFS) is a food system that ensures food security and nutrition for all in such a way that the economic, social and environmental bases to generate food security and nutrition of future generations are not compromised.

# Why Mediterranean Diet?

**1) In 2001 during the 2th informal meeting in Atene the Agriculture Ministers of our members countries asked to CIHEAM to promote this cultural and food pattern as a tool for the development of marginal areas in the Mediterranean countries.**

**2) Mediterranean vocation of CIHEAM**

**3) Expression of Mediterranean cultures and traditions**

**4) Authentic diet followed in Mediterranean rural areas for more than 60 years. It is therefore a "authentic" historic diet**

**5) Shared by Mediterranean people with specific local variations**

**6) Influence the current diets**

**7) Scientific publications recognized its positive impact on nutrition and health**

**8)...and on the environment, economy and culture.**

**9) International interest even outside the Mediterranean area**

**10) In November 2010 in Nairobi, UNESCO recognized the Mediterranean Diet as Intangible Heritage of Humanity and the Italian Institute of CIHEAM played a strategic role contributing to writing the dossier for Italian Government**

**11) Sober food consumption pattern that contributes to reducing food waste...**

# The 4 sustainable benefits of the Mediterranean Diet

**Major health benefits:** A contemporary, balanced pattern with positive health effects.

**High socio-cultural value:** Expression of the cultural richness, traditions and knowledge of communities.

**Low environmental impact and high biodiversity:** Low environmental impact and richness of biodiversity, appreciation of the value of biodiversity, reduction of pressure on natural resources and mitigation of climate change

**Support to local economy:** High local economic returns, sustainable territorial development, rural poverty reduction and high performance in reducing food waste and loss.