Safeguarding Plan

Language
English

To cope with the great pressure on the planet natural resources and the urgency of containment solutions, the “Mediterranean diet” includes a set of proposals for the humanization of social relations and the respect of nature.

Inscribed by UNESCO as intangible cultural heritage of humanity, the “Mediterranean Diet” contributes for the reflexion on global problems, may help to rehabilitate and improve behaviours and practices for the protection of the biodiversity, sustainable agriculture, healthy lifestyles, of cooperation among people and the respect for local cultures.

This cultural model and food pattern enhances the development and strengthening of local economies through the production and consumption of endogenous products, promotes cultural and nature tourism so important for the life of the populations in small scale economies.

It has an underlying high economic potential in numerous productive areas. The “Mediterranean Diet” is a way of guaranteeing the planet’s sustainability and the populations’ health.

Source URL (modified on 09/12/2015 - 13:54): http://dietamediterranica.pt/?q=en/node/228