

Published on *Dieta mediterrânica* (http://www.dietamediterranica.pt)

Home > Mediterranean Diet > Mediterranean Portugal

Mediterranean Portugal

Language

English

In Portugal the Mediterranean characteristics are present in the main features of the climate, geography, economies, cultures, town planning, social organization and collective life expressions.

The cereals, the olive trees, and the vineyard spread out and reached the inland regions occupying almost all the national territory, from Trás-os-Montes to the regions south of river Tejo and the islands.

If the geography and the climate are the constituent elements of a «Mediterranean Portugal», other characteristics are also striking, such as the settlements, the agricultural structures and the community lifestyles.

Source URL (modified on 09/12/2015 - 13:57): http://www.dietamediterranica.pt/?q=en/node/232