

An “environmental-friendly” diet

Language

English

AND A QUINTESSENTIAL EATING PATTERN.

The word sustainable originates from the Latin word “*sustentare*” which means to hold, to support to preserve. The concept of “sustainability” relates to suitable human activities from an ecological point of view, economically viable, socially just and respectful of the cultural diversity.

In 1987 the UN World’s Commission on Environment and Development defined “sustainable development” as “the progress or development which meets the needs of the present without compromising the ability of future generations to meet their own needs”.

Food and Agriculture Organization (FAO) of the United Nations submitted in 2010 the concept of “sustainable diets”. It is proposed that the world food production is established by the needs to protect the biodiversity and a fair management of the water resources. An agriculture consuming less water, producing less carbon, preserving the biodiversity and including and protecting the traditional productions should be promoted.

The “Mediterranean Diet” is considered by FAO an “environmental friendly” diet, resilient to climate changes, and mentioned by FAO as a good example of sustainable diet.

The World Health Organization – WHO considered the “Mediterranean Diet” as a quintessential food pattern for its nutritional quality and importance in the prevention of diseases and the promotion of community health.