Case History and Experiences from Mediterranean regions:

The Greek experience

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MEDITERRANEAN DIET

MONTHLY
- red meat

WEEKLY
- sweets
- eggs
- potatoes
- olives, pulses, nuts
- poultry
- fish

DAILY
- dairy products
- olive oil as the main added lipid
- fruit
- vegetables (including wild greens)
- non-refined cereals and products (whole grain bread, whole grain pasta, brown rice, etc)

Also remember to:
- drink plenty of water
- avoid salt and replace it by herbs (e.g. oregano, basil, thyme, etc)

Source: Supreme Scientific Health Council, Hellenic Ministry of Health
EPIC GREECE
Rather than single foods or nutrients, a global health dietary pattern could exert protective effect.

The combination of different types of food with healthy characteristics might be necessary to express their protective potential.
Inorganic constituents

![Graph showing daily intake of various inorganic constituents.

- **K**
- **Fe**
- **Na**
- **Ca**
- **Mg**
- **Zn**
- **Cu**
- **Mn**

**Legend:**
- **Mediterranean menu**
- **EC daily recommendations**

The traditional Mediterranean diet is associated with longer survival

This could be partly attributed to Mediterranean traditional foods, which this diet implies
Study of Traditional Foods in Greece (1992 – Present)

- Health aspects
- Cultural aspects
- Standardization
Systematic Investigation of Traditional Foods
The flavonol, flavone and flavan-3-ol content of a typical traditional serving of fava complemented with "caper in casserole" sauce

Source: Study of Traditional Greek foods
Flavonoid content of green pies (mg/100g) and selected beverages (mg/100ml)
The Mediterranean Diet – from the Greek word diaita, lifestyle – is a social practice based on the set of skills, knowledge, practices and traditions ranging from the landscape to the cuisine, ..................

..................is also manifested through related festivals and celebrations.

These events become the receptacle of gestures of mutual recognition, hospitality, neighborliness, conviviality, intergenerational transmission and intercultural dialogue.

Inscription on the List of the Intangible Cultural Heritage of Humanity
Eating Out: Habits, Determinants, and Recommendations for Consumers and the European Catering Sector
The aim of the HECTOR project

*platform for collaboration*

*scientific community*  
catering enterprises  
*consumer associations*

Food types and quantities provided

Characteristics and determinants of out-of-home dietary patterns

Practices of European catering enterprises
• Healthy eating present business opportunities for the catering sector since

• healthy eating is a current societal trend paralleled with an increased demand for traditional, local and seasonal foods.
The focus could be on seasonal foods, traditional options, alternative dishes and local products.
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www.nut.uoa.gr/hector
Definition of traditional foods

The term “traditional” is not adequately defined or protected at a legislative level, therefore it is often intentionally or unintentionally misused.
“Traditional Food” definition – EuroFIR

Traditional means conforming to established practice or specifications prior to the Second World War. *Traditional food* is a food of a specific feature or features, which distinguish it clearly from other similar products of the same category, in terms of the use of “traditional ingredients” (raw materials or primary products) or “traditional composition” or “traditional type of production and/or processing method” as defined below:

Trichopoulou et al. 2006 Trends in Food Science & Technology,
TWENTY-SIXTH FAO REGIONAL CONFERENCE FOR EUROPE

June 2008

PROMOTION OF TRADITIONAL REGIONAL AGRICULTURAL PRODUCTS AND FOOD:

A FURTHER STEP TOWARDS SUSTAINABLE RURAL DEVELOPMENT
Mechanisms for labelling

and

promotion of the food products

are essential
• Promotion

• Quality
• Need for an internationally acceptable definition for “traditional foods” (TF)

• Need to safeguard or reintroduce TF

• Need to preserve food biodiversity and sustainable ecosystems

• Nutrition sector to engage a range of potential stakeholders from the environmental community to culinary leaders
How can we preserve this knowledge for the future generations?

Are we doing enough to support traditional Mediterranean diet rather than continuously stating how good this diet is.
Children and the culture of food

How can we save this knowledge for the future generation?

Is science doing enough to support them rather than continuously asking the question how we shall prove their value?
Thank you for your attention

Clay statuette of a woman teaching her daughter how to cook.
Boston Museum of Fine Arts 5th century BC.