



CIHEAM
BARI

Sustainable Food Systems and Mediterranean Diet in the Mediterranean Region

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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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Sharing Knowledge, Feeding the Future



WHO WE ARE

13 Member Countries

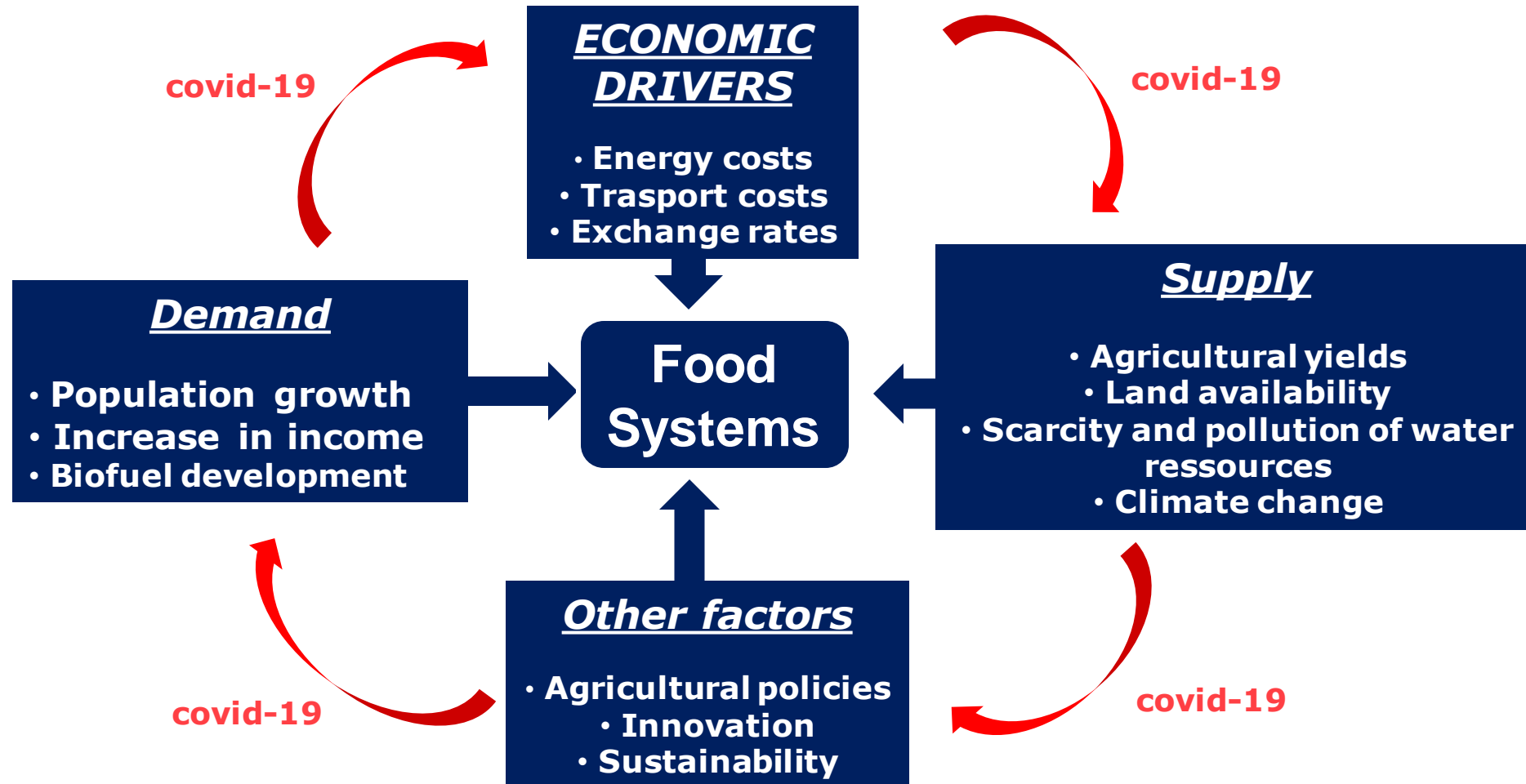
1 Secretariat General in Paris

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

OUR GOAL

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

PRESSURES ON FOOD SYSTEMS



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.