



Within the *UN Decade of Action on Nutrition, 2016-2025*, and as a follow up of the CIHEAM **2015 MEDIET EXPO Call for Action: Time to Act** towards more Sustainable Food Systems for present and future generations

THE 2016 CALL FOR ACTION ON THE REVITALIZATION OF THE MEDITERRANEAN DIET

**from the IFMeD First World Congress on the Mediterranean Diet, Milan, 6-8
July 2016**

- Fully acknowledges the evolution of the Mediterranean diet concept, from a healthy diet to a sustainable Mediterranean lifestyle, an expression of the Mediterranean culture(s);
- Fully acknowledges the Mediterranean diet as a significant part of Mediterranean food systems, from consumption to production, and not anymore just a diet, an expression of the diversity of Mediterranean food cultures and culinary systems;
- Fully acknowledges “the Mediterranean Diet” as a pivotal element for sustainable food systems in the countries of the Mediterranean region within the 2030 Agenda for Sustainable Development, by taking into account its dimensions of health and nutrition, environment (including biodiversity), and socio-cultural and economic aspects;
- Fully acknowledges that the Mediterranean diet is as a way of living of the Mediterranean people, and a complex web of cultural aspects that depend on each other and lead from nutrition to the economy, through law, history, politics or religion, strongly linked to local territories.

Therefore,

WE INVITE YOU TO JOIN WITH US

**IN THIS CALL FOR A COMMON ACTION ON THE REVITALIZATION OF THE
MEDITERRANEAN DIET**

