

THE 2016 CALL FOR ACTION ON THE REVITALIZATION OF THE MEDITERRANEAN DIET Milan 8 July 2016

We fully agree on acknowledgement of the right for everybody to eat according to their own beliefs as well as on:

1. **To fully acknowledge the intense scientific activity** of the last decades that has significantly contributed to the understanding of the relationship between nutrition and health. The health benefits of the dietary traditions of the Mediterranean populations have contributed to the acceptance of the Mediterranean Diet as a healthy dietary model, also for the prevention of non-communicable diseases and obesity;
2. **To fully acknowledge the ancient Greek word “diaita” means equilibrium, lifestyle,** and therefore, the Mediterranean diet is more than just a healthy diet, it is a whole sustainable lifestyle pattern with non sedentary physical activity playing an important role;
3. **To fully acknowledge the evolution of the Mediterranean diet concept,** from an healthy diet to a sustainable Mediterranean lifestyle.
4. **To fully acknowledge the global scenery** in which is placed the complex reality of the Mediterranean, with its interdependent issues, requires an interdisciplinary and intercultural rethinking able to express a new paradigm of development for the revitalization of the Mediterranean diet;
5. **To fully acknowledge “the Mediterranean diet” as a pivotal element in the sustainable development** of the countries in the Mediterranean region, within the 2030 Agenda, by taking in particular regard its health and nutrition, environmental including biodiversity, social, cultural and human dimensions;
6. **To fully acknowledge “the Mediterranean diet” as a common intercultural and inter-religious** ground in the Mediterranean to increase dialogue towards mutual understanding and social cohesion;
7. **To fully acknowledge the “pleasure” of eating food and conviviality as a way to “be together” expressed by the Mediterranean diet as a sustainable Mediterranean life style;**
8. **To fully acknowledge young people** are becoming the highest majority of the population in Southern and Eastern Mediterranean countries.

Therefore, WE fully agree as a priority, in order for all Mediterranean countries to present a common perspective and strategy, on the following definition of the Mediterranean diet as a healthy diet as well as a sustainable Mediterranean lifestyle:
**WE NEED A DEFINITION OF A SUSTAINABLE MEDITERRANEAN LIFESTYLE
CAN WE AGREE ON A LIST OF MAIN CHARACTERISTICS FOOD, AS WE DID IN
2005?**

But the idiosyncrasy of the Mediterranean diet is not only this list of foods (some traditional) but also its sustainability (mostly fresh and seasonally and locally grown) and preparation according to traditional recipes and the way and context of eating them, key components of the Mediterranean Diet.

Therefore,

**WE INVITE YOU TO JOIN WITH US
IN THIS CALL FOR A COMMON ACTION
ON THE REVITALIZATION
OF THE MEDITERRANEAN DIET**

Milan, 8 July 2016

To act together to reduce the increasing erosion of the Mediterranean diet heritage, as equivalent to the erosion of the diversity of Mediterranean food cultures;

To act together towards the development of an academic and research institutions platform for an interdisciplinary dialogue on how to revitalize the Mediterranean diet, by taking into account, within the context the improvement of the sustainability of the Mediterranean food systems, the close linkages of the Mediterranean diet with production, consumption and marketing of Mediterranean diet main characteristic products;

To act together towards the development of joint interdisciplinary studies and research projects on the sustainability and adherence of the Mediterranean studies, at the country level, with particular regards in the field of cultural processes and transformations;

To act together for an effective action in the schools of Mediterranean countries with particular regards to gastronomic and convivial levels, and oriented not only to nutrition education but also to sustainability.