



## The Mediterranean diet from its first outline to nowadays. An example of healthy dietetic pattern still valid several years after its discovery

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### Abstract:

The Mediterranean Diet (MD) is meant as one of the healthiest eating pattern. The concept of MD was first coined by Ancel Keys, an American physician. Ancel Keys and co-workers in the 1950s were the first to establish the link between MD and health by showing an inverse correlation between adherence to the MD and the incidence of coronary heart disease. The MD was observed in southern Europe after World War II (1).

MD key nutritional features (quality and quantity of food) should necessarily be considered together with the role of food in history and culture of the Mediterranean regions where conviviality, traditions and lifestyle are integral part of the relationship with food.

MD was included in 2013 in the list of intangible Cultural Heritage of the World by UNESCO that gives a broader definition of the MD as: "a set of skills, knowledge, rituals, symbols and traditions concerning crops, harvesting, fishing, animal husbandry, conservation, processing, cooking, and particularly the sharing and consumption of food" (2).

Along the decays the healthiness of a MD pattern characterized by high consumption of vegetables, fruits, legumes, and grains; moderate consumption of milk and dairy products, low consumption of meat and meat products (2) and high consumption of extra virgin olive oil as main fat has been confirmed by multiple scientific papers.

This dietary pattern is useful in the prevention of a number of non-communicable diseases and still today the majority of nutritional guidelines worldwide are based on its structure. Despite the several trendy diets studied along the decays, a balanced MD can also be of help in weight loss (4).

### Biography:

Valentina Cecconi is a freelance Dietitian-Nutritionist by profession and works in two medical centers in Arezzo, Italy.



aly. Born and grown in the countryside of Tuscany she lives surrounded by olive trees and vineyards. She got bachelor's degree at the University of Florence becoming a Dietitian and holds a master's degree in Human Nutrition and Food Science from the University of Perugia.

Since 2005 she provides consultancies to patients who need to lose weight, keep under control their blood lipids values, glycaemia and other nutrition-related problems.

She worked in Research and Development of food products as Nutritionist for a global company. The work brought her also to international working experiences.

Beside her job as Nutritionists, since September 2019 she is Professor of nutrition-related courses at Lorenzo de' Medici Institute in Florence. The courses are addressed to students from abroad (mainly USA) who have a learning and life experience in Italy.

### Publication of speakers:

1. Martins Delgado A., Maria Daniel Vaz Almeida, Parisi S. Chemistry of the Mediterranean Diet. Chapt 1 page 3. Springer International Publishing Switzerland 2017.
2. UNESCO (2013) Intangible Cultural Heritage. Representative List. Mediterranean Diet. Nomination file no. 00884 for inscription in 2013 on the representative list of the Intangible Cultural Heritage of Humanity, Baku. RL 2013:1-30.
3. Trichopoulou A, Langiou P, 1997. Healthy traditional Mediterranean diet: an expression of culture, history, and lifestyle. *Nutr Rev* 55(11):383-389.

### Webinar on Food and Nutrition

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