

Health benefits of Mediterranean diet.

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Perspective

A Mediterranean diets are promising long-term dietary models, and the organic food system can be beneficial to both health and the environment. The typical healthy living practices of people from countries bordering the Mediterranean Sea, such as France, Greece, Italy, and Spain, are incorporated into a Mediterranean diet. The Mediterranean diet has a variety of meanings since it varies by country and area. Vegetables, fruits, legumes, nuts, beans, cereals, grains, fish, and unsaturated fats like olive oil are all abundant. It normally entails a restricted consumption of meat and dairy products. The Mediterranean diet has been linked to a variety of health benefits, including a healthy heart.

The existing food systems are considered to place a lot of strain on the environment and have a negative effect on human health. The westernization of human diets, in particular, is a significant factor in the development of certain chronic diseases. In the face of accelerating global population growth, feeding more than 9 billion people by 2050 would be a major challenge. The rise in demand for animal proteins, in particular, is a critical issue because large-scale livestock production has a significant environmental effect (20 kg of plant proteins are needed to produce 1 kg of edible beef protein).

As a result, the problem of providing adequate feeding to the world's population cannot be solved without incorporating a dietary pattern perspective that considers human health and environmental capital. The FAO (Food and Agriculture Organization of the United Nations) described sustainable diets as those that "contribute to food and nutrition protection as well as a healthy life for present and future generations" with low environmental impacts. They are biodiversity and ecosystem-friendly, culturally appropriate, usable, economically equitable, and sustainable, as well as nutritionally adequate, stable, and secure, all while maximizing natural and human resources."

For decades, the Mediterranean diet has been regarded as a standard of good nutrition. Indeed, strict adherence to the Mediterranean diet lowers overall mortality, as well as the prevalence and mortality of cardiovascular diseases and cancers. Furthermore, Mediterranean diets may be best suited to the idea of healthy diets because they reduce meat consumption. Furthermore, the Mediterranean food system is a universal, cultural, social, and spatial heritage of all civilizations living in the Mediterranean basin, as well as an immaterial human heritage (including traditions,

representations, phrases, information, skills, and the instruments, artifacts and cultural spaces associated with them, which cultures, groups, and, in some cases, individuals recognize as part of their cultural heritage) in 2010, recognized by UNESCO (United Nations Educational, Scientific, and Cultural Organization). Regrettably, this priceless heritage is being gradually neglected.

Furthermore, organic farming has been shown to be a potentially more environmentally sustainable food production method than traditional farming. Despite the lack of research specifically evaluating the impact of organic food consumption on health, organic food consumers have been shown to have healthy eating habits.

Organic food intake and Mediterranean diets can be viewed as promising examples of balanced diets in this context. To our knowledge, no research has tested these dietary habits in terms of sustainability-related characteristics using individual behaviors, either alone or in combination. Multidisciplinary approaches and the evaluation of precise sustainability metrics should also be high priorities in future studies.

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