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Chapter

Mediterranean Diet as a Healthy, Sustainable, and Secure Food Pattern

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In book: Impacts of Climate Change and Economic and Health Crises on the Agriculture and Food Sectors

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Abstract

Despite the recognized advantages of Mediterranean Diet (MD), the adherence to it decreased with modern lifestyle, where the time dedicated to acquisition, preparation/confection of food and meals diminished. At the same time, Mediterranean regions face a growth in the levels of non-communicable diseases, such as obesity, diabetes, and hypertension, sometimes together with undernutrition that affects other parts of the population. This chapter make a presentation about MD as a sustainable food system, essential to promote food security, at the same time that the methods of food production and consumption must respect the

environment, maintain biodiversity, and economic society valorisation. Also, it shows MD associated with several factors such as gender, marital status, education level, lifestyle, and body weight. Maintaining the traditional MD pattern is crucial for public health, particularly in pandemic contexts such as COVID-19 where it shows the opportunity and relevance of adopt and promote MD as a healthy and sustainable diet.

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