



Food and Agriculture
Organization of the
United Nations



White Paper

Mediterranean food consumption patterns

*Diet, environment, society, economy
and health*



Mediterranean Food Consumption Patterns Diet Environment Society Economy And Health

**Alban Thomas, Arlène
Alpha, Aleksandra Barczak, Nadine
Zakhia-Rozis**

Mediterranean Food Consumption Patterns Diet Environment Society Economy And Health:

Food, Gastronomy, Sustainability, and Social and Cultural Development F. Xavier Medina, David Conde, Lorenzo Mariano, 2023-05-18 Food Gastronomy Sustainability and Social and Cultural Development analyzes the relationship between gastronomy and sustainability from a sociocultural perspective It uses practical case studies to reveal the connection between food society culture and the impact they have with each other Beginning with the introduction of the relationship among gastronomy sustainability culture and contemporary controversies this book expands topics from binomial gastronomy at local level impact of sustainability on gastronomic experiences an evaluation of production systems to the role of gastronomy and sustainability in tourism The role of technology in food and sustainability health ideologies and social movements surrounding gastronomy are also widely discussed This book is a valuable reference for food scientists undergraduate and graduate students and industrial professionals working in the food processing field Considers gastronomy as a tool for sustainability Includes practical use cases as applied examples of content coverage Supports industry progress toward increased sustainable processes

Development of voluntary guidelines for the sustainability of the Mediterranean diet in the Mediterranean region Food and Agriculture Organization of the United Nations, 2018-06-06

The Mediterranean diet is attracting international attention as a healthy and sustainable diet yet countries in the region are increasingly beset by problems of undernutrition combined with obesity or other food related diseases This book highlights the need to consolidate the Mediterranean diet as a lever to improve the sustainability of food systems and consumption in the region

Encyclopedia of Food Security and Sustainability, 2018-11-08 The Encyclopedia of Food Security and Sustainability Three Volume Set covers the hottest topics in the science of food sustainability providing a synopsis of the path society is on to secure food for a growing population It investigates the focal issue of sustainable food production in relation to the effects of global change on food resources biodiversity and global food security This collection of methodological approaches and knowledge derived from expert authors around the world offers the research community food industry scientists and students with the knowledge to relate to and report on the novel challenges of food production and sustainability This comprehensive encyclopedia will act as a platform to show how an interdisciplinary approach and closer collaboration between the scientific and industrial communities is necessary to strengthen our existing capacity to generate and share research data Offers readers a one stop resource on the topic of food security and sustainability Contains articles split into sections based on the various dimensions of Food Security and Food Sustainability Written by academics and practitioners from various fields and regions with a farm to fork understanding Includes concise and accessible chapters providing an authoritative introduction for non specialists and readers from undergraduate level upwards as well as up to date foundational content for those familiar with the field

The Mediterranean Diet Victor R Preedy, Ronald Ross Watson, 2020-07-07 The Mediterranean Diet An Evidence Based Approach Second Edition provides authoritative material on

the many facets surrounding the complex interrelationships between diet nutrition health and well being The book discusses historical cultural and scientific foundations with chapters delving into nutritional adequacy agricultural practices food culture mortality quality of life children and adolescents behavior cardiovascular diseases diet quality nutritional knowledge nuts minerals olive oil hydroxytyrosol water antioxidant nutritional status ketogenics adiposity metabolic syndrome type 2 diabetes cardiovascular risk nutrigenetics epigenetics the link between epigenetics and pregnancy gene polymorphisms bone health insulin signaling inflammatory gene expression and more Provides supportive evidence to embrace a holistic approach in understanding the Mediterranean diet from the cell to the well being of geographical populations Addresses concepts overviews components of the diet and medical health and nutritional aspects Contains coverage of emerging fields of diet science and important discoveries relating to diet and nutrition

Encyclopedia of Food and Health, 2015-08-26 Approx 3876 pages Approx 3876 pages

Environmental Sustainability in the Mediterranean Region Carla Sofia Santos Ferreira, Georgia Destouni, Zahra Kalantari, 2024-09-04 The book provides a cross sectoral assessment of the most relevant environmental challenges in the Mediterranean region including land and water degradation water and food security and solution opportunities for these It also discusses main change drivers such as changes in climate land use population demographics and technology Additionally the book explores improved management participatory planning and nature based strategies and measures for meeting the key environmental challenges e g restoring degraded areas and improving land management in different land uses e g forest coastal and urban areas Finally the book addresses needs and opportunities to improve governance and partnerships for assuring sustainable development in the Mediterranean region

Public food procurement for sustainable food systems and healthy diets - Volume 1 International Center for Tropical Agriculture, Editora da UFRGS, 2021-12-23 Sustainable Public Food Procurement PFP represents a key game changer for food systems transformation It can influence both food consumption and food production patterns It can deliver multiple social economic and environmental benefits towards sustainable food systems for healthy diets This publication aims to contribute to the improved understanding dissemination and use of PFP as a development tool in particular in the case of school meals programmes In Volume 1 researchers policymakers and development partners can find evidence on how PFP can be used as a development tool and deliver multiple benefits for multiple beneficiaries It argues that PFP can provide a market for local and smallholder farmers promote the conservation and sustainable use of agrobiodiversity and improve the nutrition and health of children and communities Volume 2 of this publication available at <https://doi.org/10.4060/cb7969> presents further analysis of the instruments enablers and barriers for PFP implementation It also provides case studies with local regional and national experiences from Africa Asia Europe and North and South America

Climate and Environmental Change in the Mediterranean Basin - Current Situation and Risks for the Future. First Mediterranean Assessment Report

Mediterranean Experts on Climate and environmental Change (MedECC), Brian Azzopardi, Mario V. Balzan, Semia

Cherif, Enrique Doblas-Miranda, Maria dos Santos, Philippe Dobrinski, Marianela Falder, Abed El Rahman Hassoun, Carlo Giupponi, Vally (Vassiliki) Koubi, Manfred A. Lange, Piero Lionello, María Carmen Llasat, Stefano Moncada, Rachid Mrabet, Shlomit Paz, Robert Savé, Maria Snoussi, Andrea Toreti, Athanasios T. Vafeidis, Elena Xoplaki, 2020-11-17 The First Mediterranean Assessment Report MAR1 prepared by the independent network of Mediterranean Experts on Climate and environmental Change MedECC founded in 2015 was published in November 2020 MAR1 assesses the best available scientific knowledge on climate and environmental change and associated risks in the Mediterranean Basin in order to render it accessible to policymakers stakeholders and citizens The report has been written by 190 scientists from 25 countries all contributing in individual capacity and without financial compensation The report includes a Summary for Policymakers SPM which comprises the key messages of the MAR1 The UNEP MAP Barcelona Convention Secretariat through its Plan Bleu Regional Activity Center and the Secretariat of the Union for the Mediterranean work in partnership to support MedECC and to contribute to establish a sound and transparent scientific assessment process

Food Systems Evaluation Methods and Sustainability Assessment Bradley George Ridoutt, Aida Turrini, 2024-03-08 The food system is responsible for some of society's most pressing sustainability challenges Diets are currently unsustainable in many countries as evidenced by the growing burden of malnutrition degradation of natural resources contributions to climate change and unaffordability of healthy diets There is an urgent need to address the gaps in understanding of what a sustainable food system means across varying populations and geographies and how we can better measure these systems while identifying how dietary choices impact on human health and the environment However decision makers and experts are questioning whether it is possible to meet environmental social and economic goals simultaneously or whether trade offs are necessary Thus the development of better measurements and indicators to clearly understand the benefits and considerations for healthy and sustainable food systems is needed

The nutrition and health potential of geographical indication foods Food and Agriculture Organization of the United Nations, 2021-03-30 Traditional foods diets and food systems play an important role in people's nutritional status As the best products of traditional food systems geographical indication GI foods have a great potential to contribute to healthy diets and curb non communicable diseases This paper presents five case studies around the world on the nutritional potential of registered GI foods and explores the link between the production processes and the nutritional composition of the final products The nutritional characteristics of these foods can be largely attributed to their unique ingredients and production procedures which are linked to their geographical origins The paper also discusses the development of GI specifications to maintain and improve nutritional values the role of GI foods in healthy diets and the determination of food composition Finally suggestions on how to leverage GI foods for healthy diets are provided

Sustainable Tourism Practices in the Mediterranean Ipek Tüzün, Mehmet Ergül, Colin Johnson, 2019-07-19 Sustainable Tourism Practices in the Mediterranean showcases and examines the current and future trends in sustainable

tourism in this popular region where tourism is one of the leading determinants of economic development This volume examines the effects of specific recent events including terrorism financial crises and various political changes in the Mediterranean region Looking at a range of destinations island and mainland urban and rural summer and winter and emergent and declining zones it provides a comprehensive overview of this area It also draws on a number of wide ranging themes such as gastronomy corporate social responsibility entrepreneurship ethical issues service quality health and the slow city offering an insightful study of the challenges the Mediterranean region faces and the sustainable practices that can be implemented in order to overcome them Written by leading academics in the field this book will be of great interest to upper level students researchers and academics in Tourism Development Studies and Geography

Sustainable food systems for food security Alban Thomas,Arlène Alpha,Aleksandra Barczak,Nadine Zakhia-Rozis,2022-06-30 Food and nutritional security refers to the challenge of providing sustainable healthy and accessible food to all people From 2014 to 2020 CIRAD and INRAE led an ambitious interdisciplinary flagship programme on the transitions for global food security called GloFoodS This book explores issues such as food system governance balance and discrepancies between agricultural supply and food needs the role of innovations in providing high quality foods and promoting resilient value chains and the role of local resource management in achieving food security

Fruit Oils: Chemistry and Functionality Mohamed Fawzy Ramadan,2019-05-08 Fruit Oils Chemistry and Functionality presents a comprehensive overview of recent advances in the chemistry and functionality of lipid bioactive phytochemicals found in fruit oils The chapters in this text examine the composition physicochemical characteristics and organoleptic attributes of each of the major fruit oils The nutritional quality oxidative stability and potential food and non food applications of these oils are also extensively covered The potential health benefits of the bioactive lipids found in these fruit oils are also a focus of this text For each oil presented the levels of omega 9 omega 6 and omega 3 fatty acids are specified indicating the level of health promoting traits exhibited in each The oils and fats extracted from fruits generally differ from one another both in terms of their major and minor bioactive constituents The methods used to extract oils and fats as well as the processing techniques such as refining bleaching and deodorization affect their major and minor constituents In addition different post processing treatments of fruit oils and fats may alter or degrade important bioactive constituents Treatments such as heating frying cooking and storage and major constituents such as sterols and tocopherols are extensively covered in this text Although there have been reference works published on the composition and biological properties of lipids from oilseeds there is currently no book focused on the composition and functionality of fruit oils Fruit Oils Chemistry and Functionality aims to fill this gap for researchers presenting a detailed overview of the chemical makeup and functionality of all the important fruit oils

FAO-CIHEAM Partnership - Advancing sustainable rural development in the Mediterranean Food and Agriculture Organization of the United Nations , International Center for Advanced Mediterranean Agronomic Studies ,2020-10-15 For almost four decades the

partnership between the Food and Agriculture Organization of the United Nations FAO and the International Centre for Advanced Mediterranean Agronomic Studies CIHEAM has generated advanced knowledge and expertise in support of achieving food security sustainable agriculture and rural development in the Mediterranean Driven by these shared goals FAO and CIHEAM have jointly contributed to policy dialogue the implementation of programs and projects awareness raising and the capacity development of different actors in the region FAO CIHEAM collaboration has helped to build important knowledge resources and technical networks strengthen the focus on gender and youth in agriculture and promote the sustainable development of rural and coastal areas and sustainable fisheries In October 2015 both organizations signed a Memorandum of Understanding MoU reinforcing their partnership Under the framework of the partnership agreement FAO and CIHEAM committed to developing a common strategic cooperation agenda to support agriculture food and sustainable rural development in the Mediterranean In June 2019 based on the success of this collaboration the MoU was renewed for another four years This brochure presents the highlights and successes of the partnership between FAO and CIHEAM

Stakeholder Engagement and Sustainability S.M.Riad Shams, Demetris Vrontis, Yaakov Weber, Evangelos

Tsoukatos, Antonino Galati, 2019-11-20 This cross disciplinary business book develops insight into the management of businesses operating in various economic sectors that take a proactive approach to the triple dimension of sustainability economic social and environmental positioning itself as a key reference for both academics and practitioners in the wide area of business management The concept of sustainability is today at the heart of international policies and debate and plays a key role in deep changes to the organizational models of companies operating in a wide range of sectors of economic activity In particular this book aims to gain a deeper understanding of how stakeholder engagement can contribute to value co creation both in the company and along the supply chain and what distinguishes the differing involvement of stakeholders in particular between public involvement and stakeholder participation Each chapter of this book presents different modalities of stakeholder involvement and develops the concept of value co creation from organizational and marketing perspectives This book is recommended reading for those interested in the fields of stakeholder engagement and theory sustainability business studies and sustainable development

Healthy Foods and Dietary Patterns in Modern Consumer Prisco

Piscitelli, Annamaria Anita Livia Colao, 2023-09-15

Seafood Sustainability - Series I Naresh C. Pradhan, Junning

Cai, Stephen M. Stohs, 2020-11-06 This special edition Seafood Sustainability Series I includes two articles on seafood consumption four on sustainable capture fisheries and four on sustainable aquaculture The articles on consumption explore an alternative perspective on sustainable seafood movement governance to consumer or retail brand driven logic and analyze fish tissues for human consumption to detect contaminants like flame retardant chemicals hazardous to human health sourced from microplastic pollutants Articles on capture fisheries include A study of harvest strategies to achieve ecological economic and social sustainability objectives An examination of the economic leverages and resources needed to sustain

coastal artisanal fishing communities in Africa A review of sustainability planning efforts to combat fishing community threats like declining participation aging infrastructure and fleets gentrification reduced resource access market competition and environmental stresses An analysis of responsible fish consumption through a life promoting sustainable food system for school age children Three of the articles on aquaculture focus on studying consumer preferences related to sustainable aquaculture based on the estimation of how the attributes of aquaculture products including product labeling and perception affect consumers purchase decisions The other article questions the widely held assumption of sustainable substitutability of plant protein sources e g soymeal for fishmeal in aquaculture production

Dietary change strategies for sustainable diets and their impact on human health - volume 1

Monica Trif,Zahra Emam-djomeh,Fatih Ozogul,Alexandru Rusu,2023-07-31

Gastronomy, Hospitality, and the Future of the Restaurant Industry: Post-COVID-19

Perspectives Pinto Borges, Ana,Lopes de Almeida, António,Vieira, Elvira Pacheco,Dias, Rui Rosa,Rodrigues,

Paula,2022-03-04 Gastronomic tourism has made remarkable progress within the past decade in both academia and within its own sector However many industries have suffered from the COVID 19 pandemic and food tourism businesses had to take unique precautions for the health and safety of global consumers Despite the economic turbulence of the COVID 19 pandemic there are many strategies available for the restaurant industry to thrive Gastronomy Hospitality and the Future of the Restaurant Industry Post COVID 19 Perspectives presents the most recent research surrounding food and gastronomy in relation to hospitality and tourism highlighting emerging themes and different methods of approach Concretely it constitutes a timely and relevant compendium of chapters that offers its readers relevant issues in gastronomy and management strategies in the hospitality industry Covering topics such as food tourism organic food production and restaurant communication this book is an essential resource for managers business owners entrepreneurs consultants marketing specialists government officials libraries researchers academicians educators and students

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