

«Quality, variety and quantity: the three musketeers of the Mediterranean Diet» (Part 1)



What are we going to talk about today?

- 1. History of the Mediterranean Diet**
- 2. The Food Pyramid**
- 3. Importance of Food Quality, Variety and Quantity**



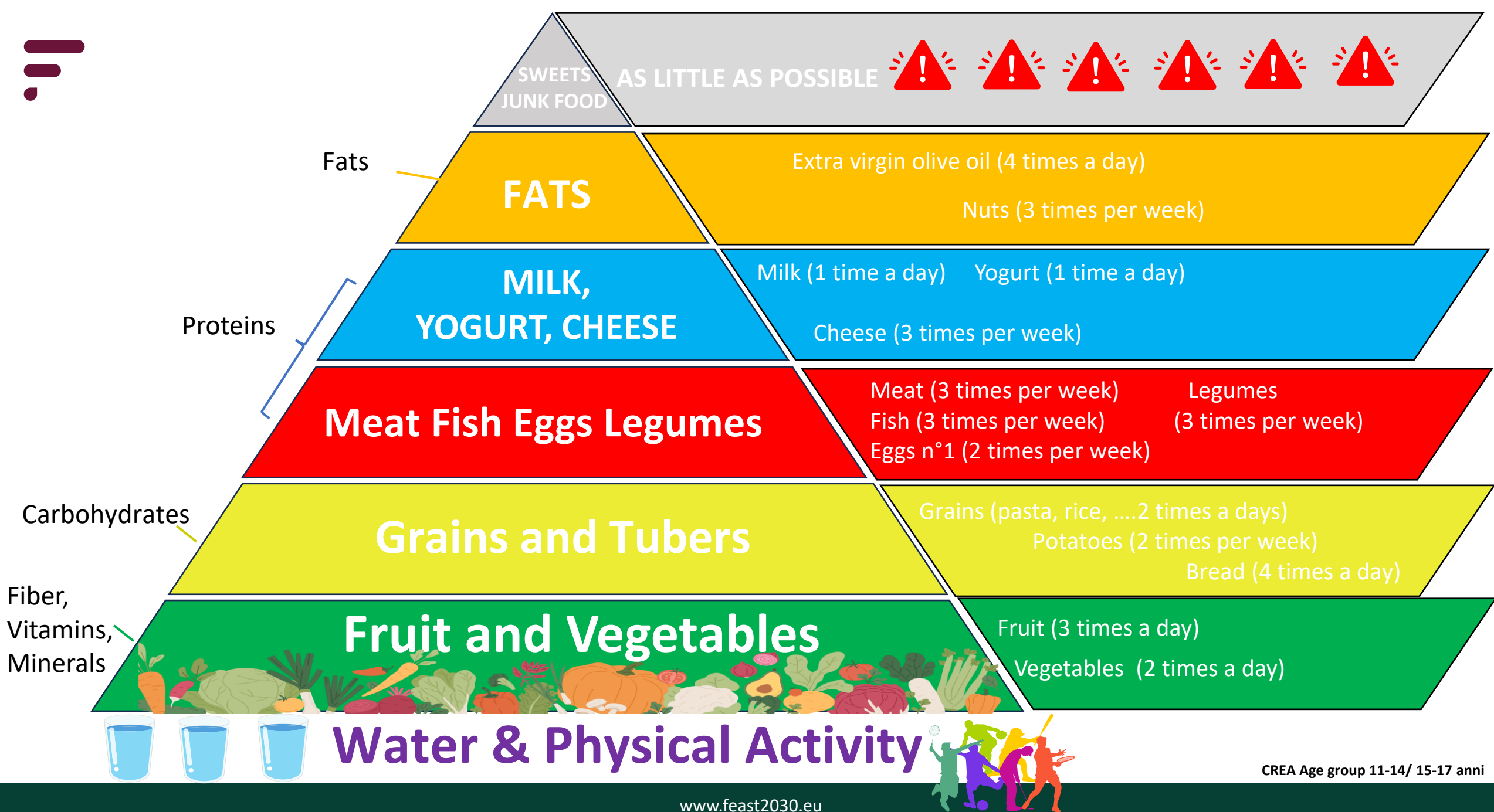
Seven Countries Study



Ancel Keys

American epidemiologist and physiologist







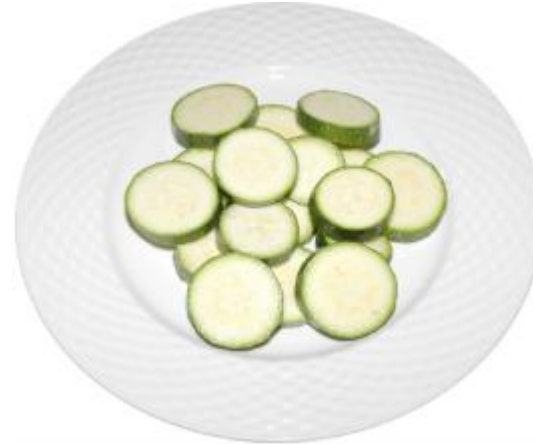
How much is **200 g** of VEGETABLES?



spinach



broccoli



zucchini



eggplants



peppers

.. and **50 g** of salad??



salad



How much is 150 g of FRUIT?



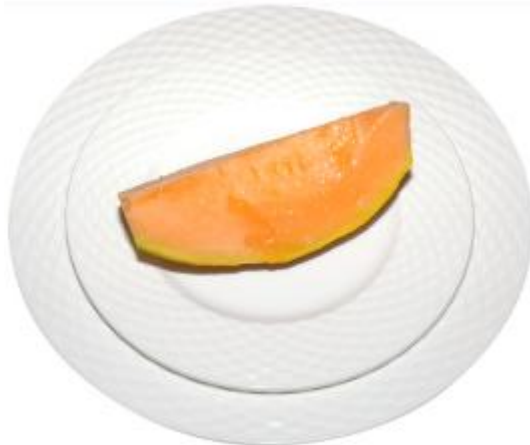
strawberries



orange



pear



melon



cherries



apple



How much is **100 g** of PASTA?

...and **50 g** of BREAD?



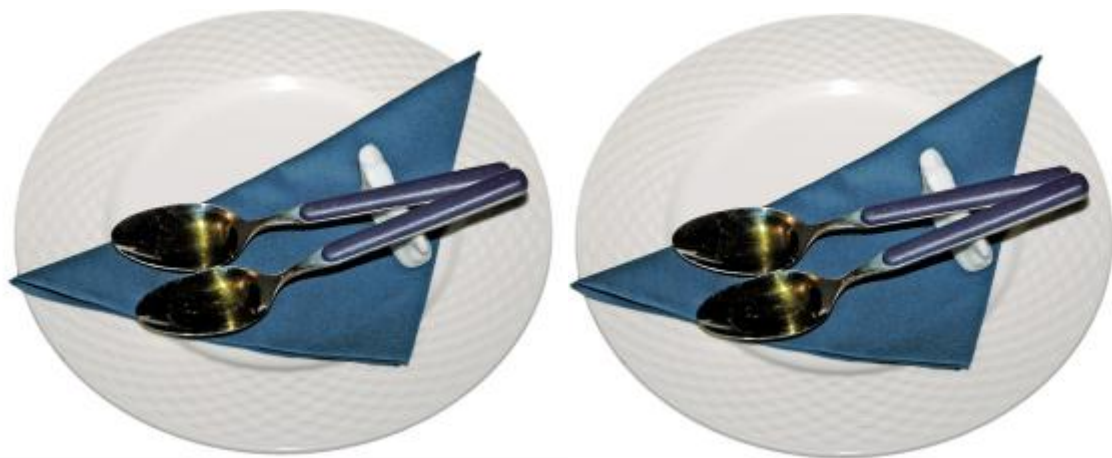
pasta



bread



How much is **40 g** E.V.O Oil?
...and **50 g** of NUTS?



E.V.O. oil



nuts



How much is **200 ml** of MILK?

...and **125 g** of YOGURT ?



milk



yogurt

How much is **100 g** of
FRESH CHEESE ????

...and **50 g** of AGED CHEESE?



fresh cheese



parmesan



How much is **100 g** of MEAT?

...and **150 g** of FISH?

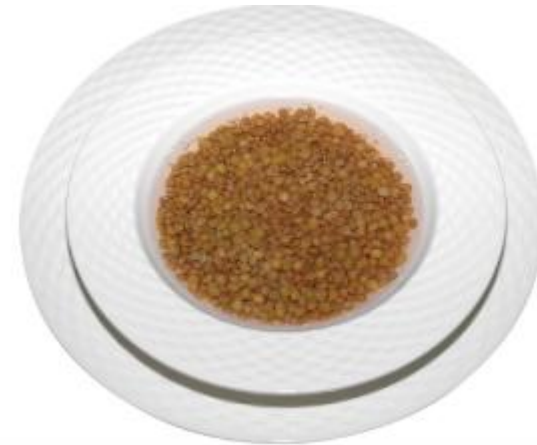


chicken



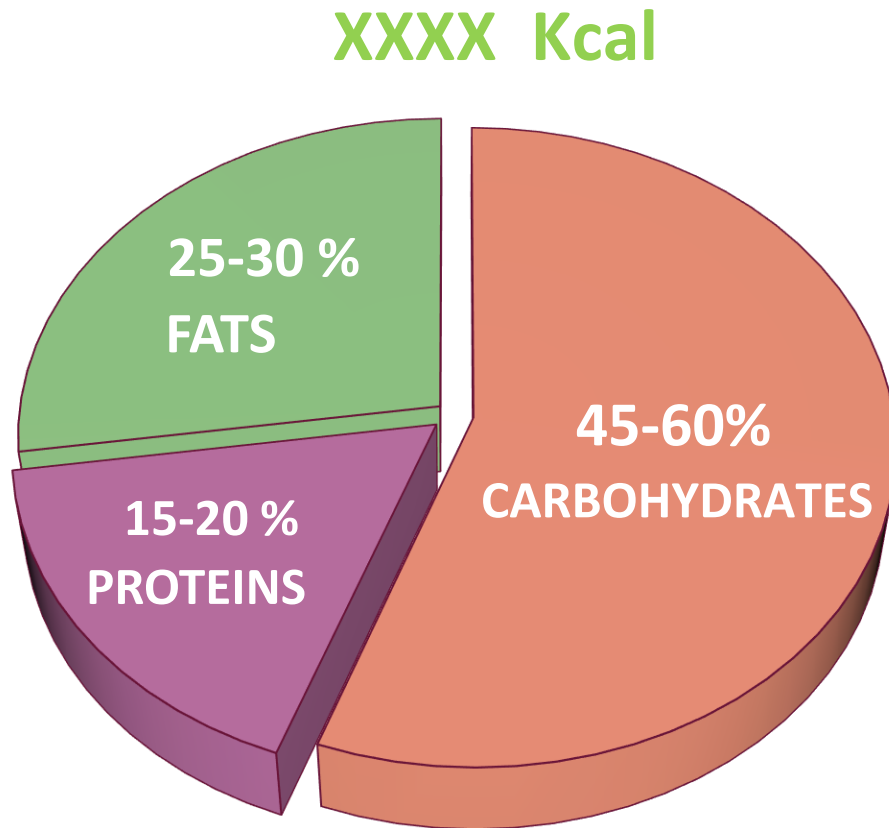
sea bass

...and **120 g** of LEGUMES?



lentils

THE ENERGY NEEDED FOR OUR DAY



How many meals
should it be divided
into?



NOT 3 MEALS NOT 10 MEALS

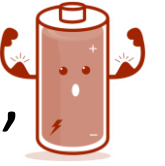
5 MEALS !!!

NOT 8 MEALS



To ensure
dietary **variability**

To meet our **needs** of energy,
macro and micronutrients.



... Why is it important to
have **5 meals** ??



To avoid continuous
glycemic rebound and the consequent
response of **continuous food-seeking**

To **regulate** our hunger
at the right time





Which are the 5 meals?



BREAKFAST

15-20%



SNACK

5%



LUNCH

35-40%



SNACK

5%



DINNER

30-35%

% of energy provided by each meal in the day



LET'S PUT IT INTO PRACTICE!

let's put it into practice!

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LET'S PUT IT INTO PRACTICE!






MARCO's food day: where can he improve?

N °	MEAL
1°	BREAKFAST 30% 1 cup of milk+ 6 shortbread cookies+ 1 apple + a handful of cornflakes
2°	SNACK 17% Flatbread with ham
3°	LUNCH 28 % Pasta with tomato and parmesan cheese
4°	SNACK ----
5°	DINNER 20% 1 mozzarella + salad and tomatoes



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Beware of energy distribution!!!

What about the portion of vegetables/fruit??


What about the second course??

No skipping the snack!!!

Where is the grains group???



SOME FALSE BELIEFS

The consumption of starchy foods can increase weight  **FALSE**


It is important to eat starchy foods at every meal because they are an important source of energy: they provide 45 to 60 % of total daily energy and give satiety



Breakfast promotes the consumption of snacks  **FALSE**

It serves as a good start to the day and helps concentration



Skipping snacks (one mid-morning and one mid-afternoon) is healthy  **FALSE**

Providing healthy snacks throughout the day allows to recharge energy and not arrive overly hungry at the next meal





THANKS FOR YOUR ATTENTION!



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