

16. March. 2022
Please register [HERE](#)

WP3 – Training of Teacher (ToT)

WEBINAR I

Mediterranean Diet: pattern and adherence

*The Mediterranean Diet, from the Greek *diáita* or lifestyle, is a social practice based on the set of skills, knowledge, practices, and traditions ranging from the landscape to the cuisine, which in the Mediterranean basin concern the crops, harvesting, fishing, conservation, processing, preparation and, particularly, consumption. The health benefits of the Mediterranean Diet and its protective effect against chronic diseases has been well established by the scientific community. Adherence to the Mediterranean pattern is therefore important in improving overall health. In this webinar, our invited speakers will the advantages of the Mediterranean diet and dissect some of the reasons for our adherence to it.*

AGENDA

3.30 pm	Welcome message and brief presentation of the speakers
	Marcello Scalisi, Director of UNIMED Marta Laranjo, Senior Researcher at Universidade de Évora-MED
3.35 pm	Lifestyle and adherence to Mediterranean diet: sleep and physical activity are also part of this equation
	María Fernanda Zerón-Rugério, Post-Doctoral Researcher at Universidad de Barcelona, Spain
3.55 pm	Adherence to Mediterranean Diet is influenced by taste perception: a case study in Portugal
	Elsa Lamy, Auxiliary Researcher at Universidade de Évora-MED, Portugal
4.15 pm	Debate/Time for questions
	Moderated by Marta Laranjo
4.45 pm	Webinar closure

All times is CET (Central European Time)

Useful Links:

THE  EDITERRANEAN DIET

<https://mediterraneandietunesco.org/>



<http://www.ieamed.es/>

Suggested Readings

Louro, T.; Simões, C.; Castelo, P.M.; Capela e Silva, F.; Luis, H.; Moreira, P.; Lamy, E. (2021) **"How Individual Variations in the Perception of Basic Tastes and Astringency Relate with Dietary Intake and Preferences for Fruits and Vegetables"**. Foods 2021, 10, 1961.

[LINK](#)

Louro, Teresa, Carla Simões, Maria J. Penetra, Laura Carreira, Paula M. Castelo, Henrique Luis, Pedro Moreira, and Elsa Lamy. (2021) **"Relationship between Mediterranean Diet Adherence and Saliva Composition"** Nutrients 13, no. 4: 1246.

[LINK](#)

Zerón-Rugerio, María F., Trinitat Cambras, and Maria Izquierdo-Pulido (2019) **"Social Jet Lag Associates Negatively with the Adherence to the Mediterranean Diet and Body Mass Index among Young Adults"** Nutrients 11, no. 8: 1756.

[LINK](#)

Other bibliographical suggestions

Mediterranean diet adherence

Zaragoza-Martí A, Cabañero-Martínez M, Hurtado-Sánchez J, et al (2018) **"Evaluation of Mediterranean diet adherence scores: a systematic review"**, BMJ Open 2018

[LINK](#)

Tuttolomondo, Antonino, Irene Simonetta, Mario Daidone, Alba Mogavero, Antonella Ortello, and Antonio Pinto (2019) **"Metabolic and Vascular Effect of the Mediterranean Diet"**, International Journal of Molecular Sciences 20, no. 19: 4716.

[LINK](#)

Olmedo-Requena, Rocío, Carmen González-Donquiles, Verónica Dávila-Batista, Dora Romaguera, Adela Castelló, Antonio J. Molina de la Torre, Pilar Amiano, Trinidad Dierssen-Sotos, Marcela Guevara, Guillermo Fernández-Tardón, Macarena Lozano-Lorca, Juan Alguacil, Rosana Peiró, José M. Huerta, Esther Gracia-Lavedan, Nuria Aragonés, Tania Fernández-Villa, Marta Solans, Inés Gómez-Acebo, Gemma Castaño-Vinyals, Manolis Kogevinas, Marina Pollán, and Vicente Martín. (2019) **"Agreement among Mediterranean Diet Pattern Adherence Indexes: MCC-Spain Study"** Nutrients 11, no. 3: 488.

[LINK](#)

Mediterranean diet in Morocco

Karima Mohtadi, Rajaa Msaad, Najwa Benalioua, Ali Jafri, Hasnaa Meftah, Younes Elkardi, Halima Lebrazi, Anass Kettani, Abdelfettah Derouiche, Hassan Taki and Rachid Saïle (2020) **"Sociodemographic and Lifestyle Factors Associated with Adherence to Mediterranean Diet in Representative Adult Population"**

in Casablanca City, Morocco: A Cross-Sectional Study", *Journal of Nutrition and Metabolism* 2020(suppl 3):1-9

[LINK](#)

Azekour K, Outaleb Z, Eddouks M, Khallouki F, El Bouhali B. (2020) **Adherence to the Mediterranean diet of school-age children in Moroccan oases, Draa-Tafilalet Region**, *East Mediterr Health J.* 2020 Sep 24;26(9):1070-1077.

[LINK](#)

El Rhazi, K., Nejjari, C., Romaguera, D. *et al.* (2012) "**Adherence to a Mediterranean diet in Morocco and its correlates: cross-sectional analysis of a sample of the adult Moroccan population**", *BMC Public Health* 12, 345

[LINK](#)

Mediterranean Diet of Chefchaouen: Introduction to a UNESCO recognized highly nutritional gastronomic culture and food practice, Eva Gallardo (Coord.) (2017)

[LINK](#)