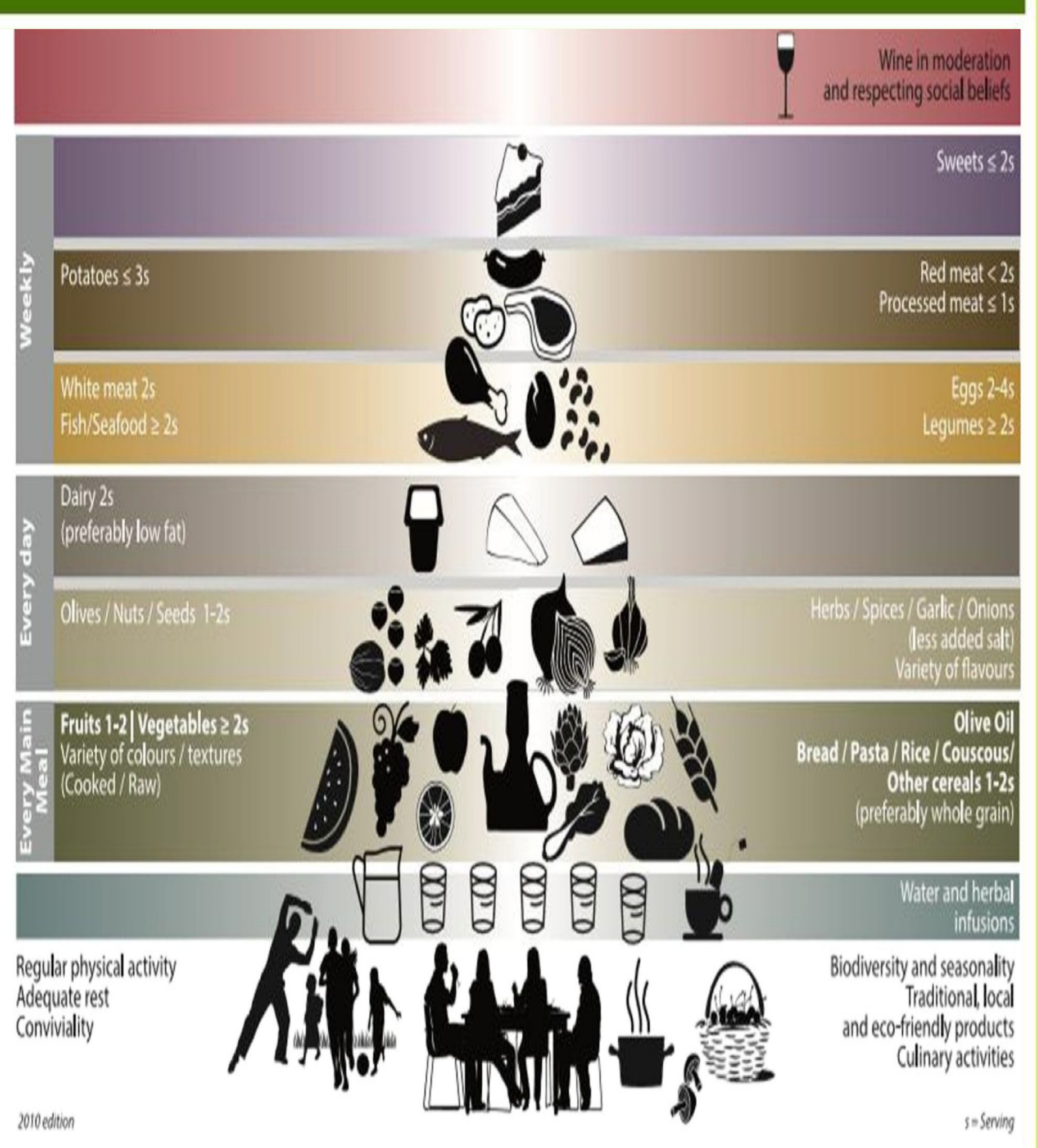


# What is the Mediterranean Diet?

Meals consisting of primarily plant-based foods, such as fruits and vegetables, legumes, whole grains, and nuts. Red meat is limited to a few times a month while poultry and seafood are prepared 2-3 times a week. Butter is replaced with olive oil and salt is replaced with spices and herbs for flavoring food.

Head to your local Letchworth, Mary Jemison and Red Jacket dining halls today and take your first steps towards a more environmentally sustainable future!



# Looking for a healthy & ECO-FRIENDLY diet? try the...

## MEDITERRANEAN DIET!

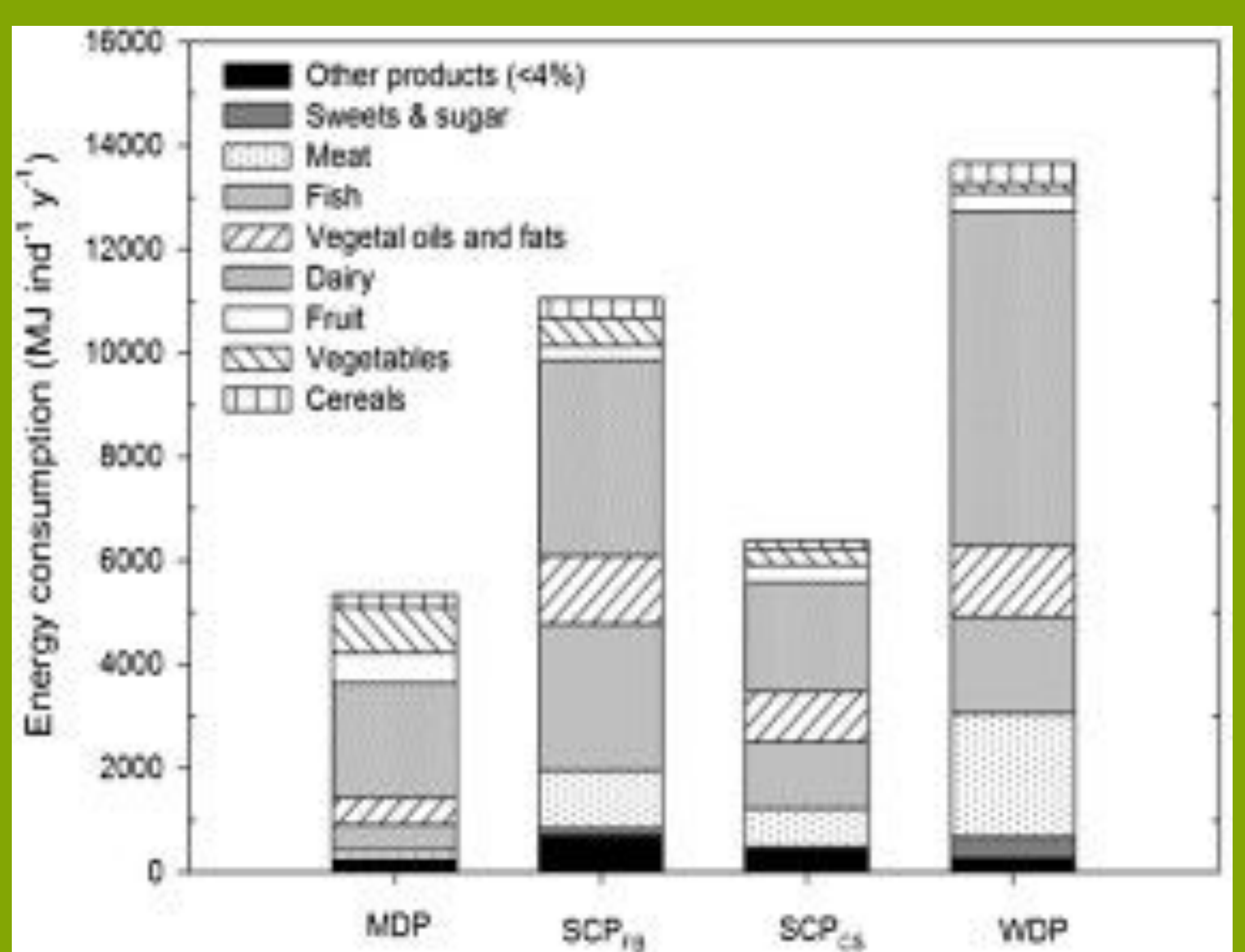
ROOTS IN SUSTAINABILITY

Mediterranean diet staples are low on the food chain and not resource intensive

This diet has low environmental impact and is respectful of biodiversity while optimizing natural and human resources

increased adherence to the Med Diet in Spain alone would **REDUCE** their **GREENHOUSE GAS EMISSIONS (72%), LAND USE (58%)** and **ENERGY CONSUMPTION (52%),** and to a **LOWER** extent **WATER CONSUMPTION (33%)**

ENVIRONMENTAL BENEFITS



Energy Consumptions of Mediterranean Dietary Pattern (MDP) compared to Spanish Dietary Pattern (estimated & actual) and Western Dietary Pattern

HEALTH BENEFITS

Research shows that this diet reduces the mortality from cardiovascular diseases by 9% also associated with a 13% reduced incidence of Parkinson's and Alzheimer's diseases

"NUTRITION, ECO-FRIENDLY PRODUCTS, BIODIVERSITY, FRUITS, AND VEGETABLES WITH A VARIETY OF COLORS, LOCAL FOOD PRODUCTION, AND CONVIVIALITY, WERE BROUGHT TOGETHER WITH THE CONCEPT OF SUSTAINABILITY"

## Resources

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