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*Plenary sitting*

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**B8-0595/2018**

4.12.2018

## **MOTION FOR A RESOLUTION**

pursuant to Rule 133 of the Rules of Procedure

on establishing a European Mediterranean Diet Day

**Aldo Patriciello; Paolo De Castro; Alessandra Mussolini; Massimiliano Salini; Raffaele Fitto; Remo Sernagiotto; Innocenzo Leontini; Elisabetta Gardini; Andrea Cozzolino; Lorenzo Cesa; Alberto Cirio Stefano Maullu; Salvatore Cicu; Luigi Morgano; Andrea Cozzolino; Enrico Gasbarra; Barbara Matera; Giovanni La Via; Lara Comi**

**Motion for a European Parliament resolution on establishing a European Mediterranean Diet Day**

*The European Parliament,*

- having regard to Rule 133 of its Rules of Procedure,
- A. whereas the Mediterranean Diet is the typical eating pattern of countries in which olives are grown and is characterised by the consumption of foods derived from plants, fresh fish, extra virgin olive oil as the main source of fat, and by a moderate consumption of wine, meat and dairy products;
- B. whereas typical features of the Mediterranean Diet are its seasonal nature, the quality of local produce, and conviviality;
- C. whereas numerous scientific studies have shown a substantial reduction in the risk of cardiovascular disease, cancer and neurodegenerative diseases, as well as of total mortality, and these beneficial effects have also been observed in non-Mediterranean populations;
- D. whereas despite the diet's health benefits and its recognition by UNESCO, which in 2010 included the Mediterranean Diet on the List of the Intangible Cultural Heritage of Humanity, recent data point to a progressive departure from that diet, which is particularly evident in Mediterranean countries; whereas this is a nutritional transition that is being affected by social and economic changes and concerns primarily the younger generations;
- E. whereas, as a result, the Mediterranean Diet – originally typical of rural societies – now appears to be limited to the better-off sections of society;
- 1. Calls for appropriate measures to be taken, for the reasons set out above, to ensure that knowledge of the Mediterranean Diet and its health benefits is spread in Europe, also by establishing a 'European Mediterranean Diet Day'.